Before the:

WORLD INTELLECTUAL PROPERTY ORGANIZATION
ARBITRATION AND MEDIATION CENTER

Mr. Gary Wilson of Oregon	***Case No:*** D2019-1544
(Complainant)	
-v-	***Disputed Domain Name[s]:***
	REALYOURBRAINONPORN.COM
(Respondent)	

RESPONSE
(Rules, Paragraph 5)

I. Introduction

[1.] On July 18, 2019, the Respondent received a Notification of Complaint and Commencement of Administrative Proceeding from the WIPO Arbitration and Mediation Center (the **Center**) by email - informing the Respondent that an administrative proceeding had been commenced by the Complainant in accordance with the Uniform Domain Name Dispute Resolution Policy (the **Policy**), approved by the Internet Corporation for Assigned Names and Numbers (**ICANN**) on October 24, 1999, the Rules for Uniform Domain Name Dispute Resolution Policy (the **Rules**) approved by ICANN on September 28, 2013, and in effect as of July 31, 2015, and the WIPO Supplemental Rules for Uniform Domain Name Dispute Resolution Policy (the **Supplemental Rules**). The Center set August 7, 2019 as the last day for the submission of a Response by the Respondent.

II. Respondent's Contact Details
(Rules, Paragraphs 5(c)(ii) and (iii))

[2.] The Respondent's contact details are:

[3.] The Respondent's authorized representative in this administrative proceeding is:

Wayne B. Giampietro
Poltrock & Giampietro

[4.] The Respondent's preferred method of communications directed to the Respondent in this administrative proceeding is:

Electronic-only material

Material including hard copy (where applicable)

III. and IV. Response to Statements and Allegations Made in Complaint

[5.] The Respondent hereby responds to the statements and allegations in the Complaint and respectfully requests the Administrative Panel to deny the remedies requested by the Complainant.

PREFACE

The website "realyourbrainonporn.com" was formed by a group of psychologists and scientists, many of whom treat private patients and publish science

in peer-reviewed journals, who were concerned that much inaccurate information attacking pornographic web sites was being disseminated. They noticed that much of that misinformation was harming their patients and the public by creating distress and concern where none previously existed. While they regularly engaged with other scientists at scientific meetings about the science of pornography, they were being prohibited from engaging with the public in a rational manner. Every time one of them posted studies on social media, they learned to expect ad hominem attacks, mobs asking others to file actions against their employers, and sometimes death threats. These threats were usually followed with the claim that they "couldn't respond" to scientific challenges. These behaviors are widely recognized on social media as methods to silence scientists studying controversial topics by the Internal Science Journal ”Nature” - ww.nature.com/news/research-integrity-don-t-let-transparency-damage-science-1.19219?fbclid=IwAR3lBN182ykK9aF78QXFViUDrfuaB90ROI7XLWpp_Uh-OUWYRGuy-745AjE). These professionals needed to be able to exercise their first amendment right to communicate about their own science and therapies without fear of professional and personal threats. While many anti-pornography websites exist claiming to be "science" based, none worked with actual scientists. No websites currently existed engaging actual experts in the field accessible to the public.

Following the guidelines set forth in the Science publication, these scientists and therapists set out to create a website that met standards for scientific integrity to communicate with the public without being threatened by activists. These principles included (1) transparency by making the actual science available using the scientists own words, not interpreting scientists, (2) expertise, by identifying the boundaries of

expertise and method to easily contact actual experts, and (3) insults, by excluding content that personally attacked others. This also differentiates realyourbrainonporn.com from any other porn site purportedly embodying research on the viewing of pornography currently on the web. In contrast, Complainant's website only reports studies through his interpretation, has no actual experts participating (indeed, he himself has no appropriate training) and has at least 10,000 documented instances of ad hominem attacks on scientists whom he personally dislikes. These include some resulting in stalking and criminal threat reports to the Federal Bureau of Investigation, the University of California Police Department, and the Los Angeles Police Department, the last of which he is still under investigation for making death threats (see Annex 1). Further, Wilson has Dr. Prause's name on his website nearly 10,000 times and over 103,000 times posted with his links, obscene harassment by any standard (see Annex 2). He originally named her in this filing, despite knowing she had no ownership of the website, to further his harassment (see Annex 3). Finally, Wilson cross-posts all this information on "yourbrainonporn.com" to his wife, Marnia Robinson's, website pornstudycritiques.com (see Annex 4). Wilson is not focused on, or limited to, his "yourbrainonporn.com" and is aware he is running a hate site by creating this backup URL "pornstudycritiques.com."

Complainant claims to have registered a trademark for "Your Brain on Porn." While he operates a website at "yourbrainonporn.com," and he has requested a registration of that trademark, no such registration has been issued by the United States Patent and Trademark Office. More importantly, that phrase is not exclusive to him. An anti-drug campaign was launched in the United States called "This is Your Brain on Drugs" in 1987, which has spent over $1 billion dollars on advertising. As a

result, the phrase "Your Brain On" has become widely used, even launching "Your Brain [Blank] series on ASAPscience and "Your Brain on [Blank] series on Facebook by Inverse (See Annex 5). Many others who have written on the issues involving the effect of viewing pornography on an individual's psyche and psychological health have used the term "your brain on porn." Two books both named "Your Brain on Porn") were published, one by Karen Kropf, and one by Luke Gilkerson. (Annex 6) The phrase "Your Brain on ____" has been used repeatedly for several topics. (Annex 7) Attached hereto as Annexes 8 through 13, are more examples of the use of "your brain on porn" by third parties, which demonstrate that the term is a descriptive term used for the purpose of discussing the effects of watching pornographic materials upon one's behavior.

A. <u>Whether the domain name is identical or confusingly similar to a trademark or service mark in which the Complainant has rights;</u>

(Policy, Paragraph 4(a)(i))

Obviously, the domain names are not identical. "Realyourbrainonporn" is different from "yourbrainonporn." The first issue is whether complainant has any right to foreclose Respondent, or anyone, from using a domain name which is similar to Complainant's. Complainant does not have a registered trademark in the term "yourbrainonporn," or any other term. Given the fact that Complainant has no trademark, he has no basis for his complaint against Respondent's domain name. Lacking a trademark, his only other basis would be to establish that the term has acquired a secondary meaning. He has made no such showing here. In fact, Alexa analysis shows that there is zero confusability in the network of these domain names (see Annex 14). " RealYourBrainonPorn.com" appears nowhere in the linked websites

for the yourbrainonporn.com network, making it impossible to suggest they would be confused. In fact, yourbrainonporn.com is viewed almost exclusively by boys (99%) under age 24 (98%), a very limited audience.

Complainant cites the addition of "This web page has no relationship with yourbrainonporn.com" on the "realyourbrainonporn.com" website as an admission of confusability. Nothing could be further from the truth. This language was not on the original website, as Complainant admits. The phrase was added solely to try to placate the malicious threats of Gary Wilson. It has been removed, since there never was any actual risk of confusion.

As is shown in Annexes 5 through 13, many others have used the term "your brain on porn." That term is highly descriptive, frequently used to discuss the effects upon individuals who have watched pornography. A generic or common descriptive term can never function as a trademark. *Liquid Controls Corp. V. Liquid Control Corp.*, 802 F. 2d 934 (7th Cir, 1986). Therefore, Complainant can acquire no protectible trademark rights in that phrase. *Cashmore v. URLPro,* WIPO case No. D2004-1023. Numerous cases decided by the Federal Courts in the United States have established that Complainant has no right to register a word or phrase which is descriptive as a ttrademark: *Abercrombie & Fitch Co. v. Hunting World, Inc.,* 537 F.2d 4 (2d Cir. 1976) ("safari"); *Gimix, Inc. v. J S& A Group, Inc.*, 699 F.2d 901 (7th Cir. 1983) ("Auto Page"); *Chicago Reader, Inc. v. Metro College Publishing Co.,* 711 F.2d 801 (7th Cir, 2980)("reader"); *Remington Products, Inc. v. North American Phillips Corp.,* 892 F.2d 1576 (Fed Cir. 1990) ("Travel Care"); *Conagra, Inc. v. George A. Hormel & Co.,* 990 F.2d 368 (8th Cir. 1993) ("Health Choice"); *In re Compagnie Generale Maritine,* 993 F.2d 841 (Fed Cir. 1993) ("French Line");

Champions Golf Club, Inc. v. The Champions Golf Club, Inc., 78 F.3d 1111 (6th Cir, 1996)("Champions"); *Hoover Co. v. Royal Appliance Mfg. Co.,* 238 F. 3d 1357 (Fed Cir, 2001)("Number One In Floorcare"); *NOLA Spice Designs, LLC v. Haydel Enterprises, Inc.,* 783 F.3d 527 (5th Cir, 2015) ("Mardi Gras Bead Dog"); *In re North Carolina Lottery,* 866 F.3d 1363 (Fed Cir. 2017) ("First Tuesday"); *Sterling Jewelers, Inc. v. Artistry Ltd.,* 896 F. 3d 752 (6th Cir, 2018); ("artistry"); *Hard Candy, LLC v. Anastasia Beverly Hills, Inc.,* ___ F 3d ___ (No. 18-10877, 11th Cir. 2019)("hard candy").

Even if Claimant could make an argument that he has some protectible interest in the term "your brain on porn," he has not shown, nor can he show, that there is any likelihood of confusion between his domain name and that used by Respondent. As was said recently by the United States Court of Appeals for the Federal Circuit, likelihood of confusion must be analyzed by factors that are relevant to the situation, including the strength of Complainant's mark. Evidence of use of the same marks by third parties, as demonstrated in Annexes 5 through 13, shows that the public is educated to distinguish between these different marks. Descriptive marks are less likely to generate confusion as to the source of the information provided. *Juice Generation, Inc., v. GS Enterprises, LLC,* 794 F. 3d 1334 (Fed Cir. 2015).

Most importantly, Respondent is not engaged in commercial speech. Nowhere on his web site do they propose a commercial transaction. His site is devoted solely to providing information about the effects of watching pornography on individuals. They sell nothing. Their web site is a purely informational effort. Not only is this a non-commercial web site, but it is also protected by the First Amendment to the United States Constitution. *Tobinick v. Novella,* 848 F.3d 935 (11th Cir. 2017).

Respondent's web site is a truly expressive work, as it is devoted solely to providing information. As an expressive work, it should be treated differently than commercial sites, because they are less likely to be confused for someone else's work. And further, of course, they are protected by the First Amendment. Respondent's website is devoted solely to providing information. It directs those who visit it to individuals who will provide them with information relating to the issue of pornography. (Annex 16) It also directs visitors to publications from numerous sources which discuss issues involving sexuality. (Annex 17) Respondent's website does not, indeed, cannot, mislead anyone as to the source of its information. As such, it cannot be held to be confusingly similar to Complainant's web site. *Twentieth Century Fox Television v. Empire Distribution, Inc.,* 875 F.3d 1192 (9th Cir. 2017). Indeed, Complainant can have no claim whatsoever in the United States against Respondent for alleged trademark infringement, because Respondent's' web site is not used in connection with the sale or advertising of any goods or services, and thus is not likely to cause confusion under the United States' Lanham Act (15 U.S.C. 1114). *Taubman Company v. Webfeats*, 319 F.3d 770 (6th Cir. 2003). Finally, the American Civil Liberties Union already has found that Complainant was trying to suppress Respondent's speech unlawfully by demanding that he cease using this website (see Annex 18). The sole reason the individuals mentioned, Alan McKee and Peter Finn, were asking to leave the website were due to Gary Wilson threatening them with malicious, fraudulent litigation. Both now provide letters to this effect (see Annex 3).

Indeed, one panelist of the WIPO Arbitration and Mediation Center has taken the position that the "UDRP" should not apply to a situation like this where the Respondent is not engaged in any commercial endeavor, and seeks no financial gain

from its operations. *Yellowstone Mountain Club LLC v. Offshore Limited D and PCI*, Case No. D2013-0097. While the majority of the panel in that case disagreed with the dissenter, they held that where a website contains the name of another web site, but uses a substantive modifier which indicates to any user who enters the Respondent's' domain name into a browser that they know, or should know that they are not headed to a website likely to be controlled by Complainant. Here, as in *Yellowstone,* it is clear that Respondent has made no diversion, nor have they made a misrepresentation. Respondent has a right and legitimate interest in using the name he has chosen: "realyourbainonporn." That name conveys exactly the opposite of what Complainant contends - Respondent is different from Complainant, and has a totally contrary message. There is no chance of confusion between Complainant's and Respondent's domain names.

Contrary to Complainant's claim that Respondent's' web site is confusingly similar, the name "Realyourbrainonporn" conveys exactly the opposite reaction. It is a specific indication that it is wholly different from and not connected with Complainant's web site. Complainant has taken no action against any of the other web sites which use the term "brainonporn" which are listed on Annex 5. Respondent's site is no more confusingly similar to Complainant's web site than any of the other domain names which use the same words. Indeed, Complainant's failure to take action against any of those other sites is an admission by him that the use of the same words by Respondent, with an addition of other terms to distinguish their site, cannot be confused with his.

B. <u>Whether the Respondent has rights or legitimate interests in respect of the domain name</u>

(Policy, Paragraph 4(a)(ii)

In order to prevail in this matter, beyond showing that Respondent's domain name is confusingly similar, Complainant must show that Respondent has no rights or legitimate interests in respect of the domain name. *Cashmore v URLPro,* Case No. D2004-1023. Complainant has no chance of making that showing, as Respondent is acting honestly and forthrightly for the sole purpose of educating the public. He has an absolute right to do so. The UDRP specifically recognizes that anyone has a legtimate right to make a noncommercial use of the domain name without intent of commercial gain. Policy paragraph 4(c)(iii).

As indicated above, Respondent has developed this web site for the purpose of educating the public. There is no commercial aspect fo this site whatsoever. The purpose of the site is set forth on the initial page of the web site:

> Sexuality often is a source of panic in the United States. When the vibrator appeared, the panic was that women would no longer get married or have children.
>
> Today, the panic is over pornography or, more neutral, sex possessing any. Groups make millions of dollars claiming to "right" sex films based on "science", yet work with no scientists. While there are dozens of anti-pornography organizations, there is no advocacy group for sex film's positive health effects.
>
> We are a group of experts trained in and/or researching the effects of sex films. We do not advocate for (or against) viewing sex films as any blanket recommendation. We are willing to connect with media and colleagues, to provide accurate, balanced, science-based information. (Annex 15)

It is well settled that a critic has the right to use the target's mark in the domain name of a critical site. Determinations regarding legitimate, noncommercial and fair use under the Policy require a balancing of trademark holder and other public interests. Respondent provides information to the public regarding the effects of the use of pornography. These activities are protected not only by the First Amendment to the United States Constitution, but also Paragraph (4)(c)(iii) of the UDRP Policy. Respondent is engaged in legitimate noncommercial and fair use in their domain name, which criticizes Complainants' views. *Ahmanson Land Company v. Save Open Space and Electronic Imaging Systems, Case No. D2000-0858,* ¶6.3

Complainant attempts to establish himself as an expert on this topic. He has no such expertise. Complainant holds no college degree. He has no formal training in this area. Complainant notes an award he received for education from the SASH organization. He failed to mention that the SASH board is made up of his wife, Marnia Robinson, and his funder, anti-pornography activist and CEO of anti-pornography The Reward Foundation, Mary Sharpe. Moreover, the complainant was ejected from the European Society for Sexual Medicine in 2017, a scientific meeting, for falsely presenting himself as a scientist. Complainant is the subject of numerous FBI and other police reports for stalking and threatening scientists and therapists. Complainant calls himself a "professor" multiple places on "yourbrainonporn.com" but Complainant has never held this title. Complainant represents himself as a graduate of Southern Oregon University, but complainant has never graduated from any college. Further, complainant claims he was "adjunct faculty" of a college course,

but he was never the instructor of record and never held this title (see Annex 19). In sum, the Complainant misrepresents his web site as educational, whereas its actual primary purpose is anti-pornography activism and defamation. This makes the differentiator "realyourbrainonporn.com" especially important to make clear that their website is different from "yourbrainonporn.com" in that it identifies that "real" experts are available to discuss these issues.

As noted above, Respondent's domain name does not mislead the public as to source. Regardless of the nature of the content on Respondent's domain, they have an absolute right to use Complainant's mark to call attention to the subject of the criticism contained on the site. Respondent is not attempting to trick the public into thinking they are the same or sponsored by Complainant. There is no evidence that anything like this has happened. In fact, the name of their domain does exactly the opposite. It informs the public that Respondent espouses exactly the opposite of Complainant's views. This use of Complainant's mark as a part of their domain name is fully protected by both the United States Constitution and Paragraph 4(c)(iii). *Frank, Weinberg & Black P.L. v. Allison D'Andrea,* Case No. D2013-1578.

That what respondent is doing is protected was most recently recognized in *Visit Faroe Islands P/F v. Pilot Whale, Save the Whales,* Case No. D2016-0110. As recognized there, Respondent is not using his domain name with a view to mislead or divert Internet users or with the purpose of tarnishing the Complainant's trade mark. There is absolutely no attempt by Respondent to use their domain for commercial gain. Complainant's objections are wholly illegitimate and must be soundly rejected.

C. Respondent's Domain Name has not been used in bad faith;

As we have demonstrated above, there is no commercial aspect whatsoever to Respondent's domain name, and the site operated under that name. There is no evidence whatsoever that Respondent has used t his web site for any of the purposes the Policy recognizes as evidencing bad faith. Respondent has not used the site for any purpose of interfering with Complainant's site, holding the name for ransom, selling the site to any competitor of Complainant, or anything of the sort. As explained fully above, nothing Respondent has done with his web site has interfered in any way or disrupted Complainant's use of his web site, or any of his activities. All Respondent has done is to present the views of legitimate scientists that Complainant's presentations about what the viewing of pornography does to individuals is completely wrong. This, of course, is Respondent's absolute right to discuss a matter of public interest as protected by the First Amendment to the United States Constitution.

Respondent does nothing to attack any users of Complainant's web site for commercial gain, since Respondent makes no commercial use of the web site in any way. It is a purely educational endeavor. As we have demonstrated above, there is no confusion between Complainant's site and Respondent's. Indeed, Respondent's web site is at great pains to demonstrate that the views it expresses are diametrically opposed to those espoused in Complainant's site.

It has been recognized that in cases involving citizens of the United States, several panels of the WIPO have ruled that the First Amendment protects trademark domain names when they are used for legitimate criticism sites. Those cases are collected in

the decision in *Howard Jarvis Taxpayers Association v Paul McCauley,* Case No. D2004-0014. As was recognized in that case, Respondent is entitled to the protections of Paragraph 4(c)(iii) of the Policy where they are "making a legitimate noncommercial or fair use of the domain name, without intent for commercial gain to misleadingly divert consumers or to tarnish the trademark or service mark at issue." This Respondent falls squarely within that statement. They are providing information to the public, and are doing nothing to divert customers from Complainant's site or to tarnish his trademark.

Respondent's domain name itself expresses an opinion - that the views expressed on that site are the accurate discussion of the effect of viewing pornography. This is the exercise of Respondent's' right and legitimate interest in adopting a domain name which expresses its opinion. *Joseph Dello Russo M.d. v. Michelle Guillaumin,* Case No. D2006-1627.

Respondent is engaged in the fair use of the term"brain on porn"for the purpose of educating the public in good faith on the matter of what viewing pornography does and does not do to individuals. It is the quintessential fair use and good faith embodiment of a web site formed and used for the sole purpose of providing legitimate scientific information to the public.

V. Administrative Panel

(Rules, Paragraphs 5(c)(iv) and (c)(v) and Paragraph 6; Supplemental Rules, Paragraph 7)

[7.] The Complainant has asked for a single-member Administrative Panel and the

Respondent agrees with that election.

VI. Other Legal Proceedings
(Rules, Paragraph 5(c)(vi))

[8.] No other legal proceedings are presently pending in connection wit or relating to the domain name that is the subject of the Complaint.

VII. Communications
(Rules, paras. 2(b), 5(c)(vii); Supplemental Rules, Paragraphs 3, 7, 12)

[9.] A copy of this Response has been transmitted to the Complainant on *[date]* in electronic form.

[10.] This Response is submitted to the Center in electronic form, including any annexes, in the appropriate format.

VIII. Payment
(Rules, Paragraph 5(d); Supplemental Rules, Annex D)

[11.] No additional payment is required of Respondent..

IX. Certification(Rules, Paragraph 5(c)(viii), Supplemental Rules, Paragraph 15)

[12.] The Respondent agrees that, except in respect of deliberate wrongdoing, an Administrative Panel, the World Intellectual Property Organization and the Center shall not be liable to a party, a concerned registrar or ICANN for any act or omission in connection with the administrative proceeding.

[13.] The Respondent certifies that the information contained in this Response is to the best of the Respondent's knowledge complete and accurate, that this Response is not being presented for any improper purpose, such as to harass, and that the assertions in this Response are warranted under the Rules and under applicable law, as it now exists or as it may be extended by a good-faith and reasonable argument.

Respectfully submitted,

Wayne B. Giampietro
Poltrock & Giampietro
123 W. Madison St., Suite 1300
Chicago, IL 60602
312 236 0606; fax: 312 236 9264
wgiampietro@giampietrolaw.com

Date: August 7, 2019

X. List of Annexes

1. Gary Wilson incites white supremacist death threats against scientists by regularly sponsoring white supremacy on yourbrainonporn.com

2. Letter from Wayne B. Giampietro to Alisa C. Simmons, May 9, 2019.

3. Letters from Dr. Peter Finn and Dr. Alan McKee show that Dr. Prause does not own any part of realyourbrainonporn.com, despite Complainant's false claims otherwise.

4. ourbrainonporn.com content is cross-posted, identically duplicated, on Gary Wilson's wife's, Marnia Robinson's website pornstudy critiques.com

5. "Your Brain On Porn" and "Your brain on [Blank]" are extremely widely used phrases as shown by numerous identically titled books, articles, web pages, videos, and programs.

6. Books published by Gilkerson and Karen Kropf.

7. Uses of "Your Brain on _____"

8-13. Examples of the use of "your brain on porn" by third parties.

14. Alexa analyses

15. Respondent's website devoted to information

16. Respondent's website directing viewers to scientists.

17. Respondent's website directs visitors to publications from numerous sources which discuss issues involving sexuality

18. Cease and Desist Letter.

19. Wilson provides extensive false credentials, making "real" an appropriate descriptor to differentiate from his fraudulent credentials. False credentials include that he was a "professor", graduated college, or taught a physiology or anatomy course at a university on his own.

Annex

Gary Wilson incites white supremacist death threats against scientists by regularly sponsoring white supremacy on yourbrainonporn.com

ANNEX 1

Gmail

Psychology Today: new comment on Is One Sexual Behavior Triggering Certain Groups?

Psychology Today <noreply@psychologytoday.com> Thu, Apr 18, 2019 at 11:56 PM
To:

H

Hitler the great has commented on the Blog Post: "Is One Sexual Behavior Triggering Certain Groups?"

You Jews are fucking pathetic
You Jews are fucking pathetic. The masses are waking up right in front of you and all you can do is write articles full of lies. The funny thing is your money won't help you. Tell the truth, or perish like your ancestors!

You can view the comment at the following url
https://www.psychologytoday.com/comment/1100137#comment-1100137

Gmail

Psychology Today: new comment on Is One Sexual Behavior Triggering Certain Groups?

Psychology Today <noreply@psychologytoday.com> Fri, Apr 19, 2019 at 12:04 AM
To:

H

Hitler the great has commented on the Blog Post: "Is One Sexual Behavior Triggering Certain Groups?"

Jewish Subversion
you are a terrible human being and a filthy whore for money. You don't care how many people porn harms or how many kids grow up watching it and get addicted. No one is that stupid, we all know the truth. But you don't care what goys you hurt as long as you get some sick Jewish revenge on them. The day of the rope is coming for you and your group of cosmopolitans.

You can view the comment at the following url
https://www.psychologytoday.com/comment/1100140#comment-1100140
[Quoted text hidden]

Gmail

Psychology Today: new comment on Is One Sexual Behavior Triggering Certain Groups?

Psychology Today <noreply@psychologytoday.com> Fri, Apr 19, 2019 at 12:27 AM
To:

H

Hitler the great has commented on the Blog Post: "Is One Sexual Behavior Triggering Certain Groups?"

Jewish Subversion
I really can't believe you are an academic. Can you define hate speech for me sweetheart? Oh, what you can't because it is purposely used as a broad term to stop any speech that you hate. That's what it really is isn't it is sweetly; hate speech is speech you hate. This is just an attempt to slowly take away the 1st amendment. And why is it that whenever anyone even mentions the jews its antisemitic? Is it because you and Dr. Jizzrag are jews? Is it because jews are disproportionately behind the creation of porn? You are not a scientist. You do not seek truth. You are a coward that wants to silence anyone who can prove you wrong. That porn money won't last forever sweatheart start planning because the day of the rope is coming.

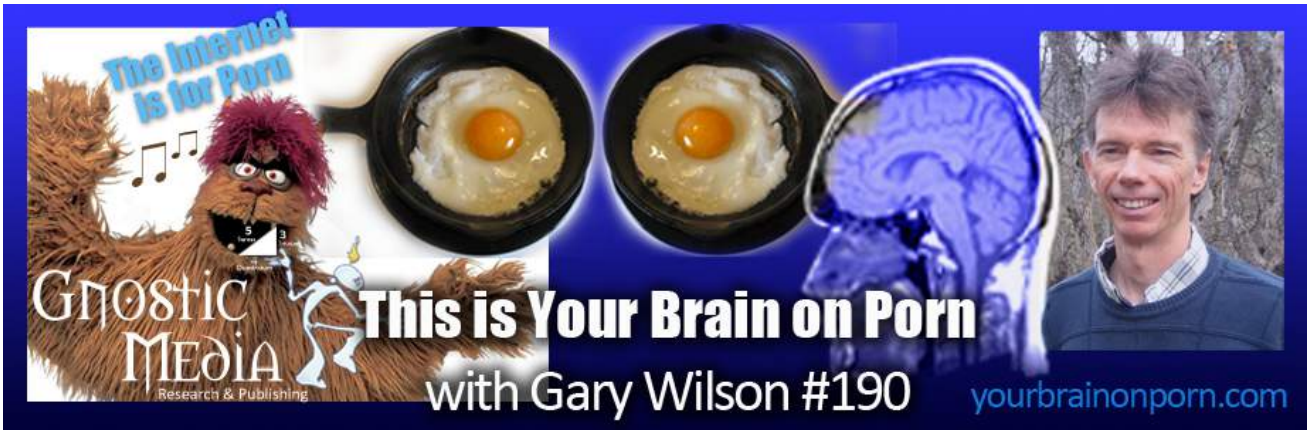
You can view the comment at the following url
https://www.psychologytoday.com/comment/1100145#comment-1100145
[Quoted text hidden]

GNOSTIC MEDIA PODCAST: AN INTERVIEW WITH GARY WILSON – “THIS IS YOUR BRAIN ON PORN”

Jan Irvin

Gnostic Media

February 3, 2014



Gary Wilson is the presenter of the popular TEDx talk “The Great Porn Experiment” and host of the website “Your Brain On Porn,” which was created for those seeking to understand and reverse compulsive porn use: http://yourbrainonporn.com. He taught anatomy and physiology for years and has long been interested in the neurochemistry of addiction, mating and bonding.

00:00 00:00

Download

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ANDREW ANGLIN

Andrew Anglin is the founder of the neo-Nazi Daily Stormer website, which aptly takes its name from the gutter Nazi propaganda sheet known as *Der Stürmer*. True to that vintage, Anglin is infamous for the crudity of his language and his thinking, a contrast to his sophistication as a prolific Internet troll and serial harasser.



EXTREMIST INFO

Born: 1984

Ideology: Alt-Right Neo-Nazi

About Andrew Anglin

Andrew Anglin is the founder and editor of the neo-Nazi Daily Stormer website. Styled after popular image-heavy Internet forums like 4chan and 8chan, the Daily Stormer is dedicated to spreading anti-Semitism, neo-Nazism, and white nationalism, primarily through guttural hyperbole and epithet-laden stories about topics like alleged Jewish world control and black-on-white crime. As of April 2017, the site ranked 13,137th globally and 5,597th within the United States, according to Alexa.

In his own words

"Fear. *Now is the time for it* ... We want these people to feel unwanted. We want them to feel that everything around them is against them. And we want them to be afraid."
—"Female Hajis Fear to Wear the Headtowel in Public After Trump Win—You Should Yell at Them"

"The fact is, when you give women rights, they destroy absolutely everything around them, no matter what other variable is involved ... Even if you become the ultimate alpha male, some stupid bitch will still ruin your life."
—"Brad Pitt Losing Weight and His Mind After Whore Wife Ruins His Life"

Gary Wilson and Stefan Molyneux



Your Brain On Porn | Gary Wilson and Stefan Molyneux

One hour interview discussing *Your Brain On Porn.*



Time to get real about internet pornography

Your Brain on Porn is available in **audio, ebook, and paperback** from **$5.99**. Multiple translations are available.

Buy Now Translations

Quick Links

- Home
- Start Here
- Quitting Porn
- Recovery Stories
- Sexual Problems
- Research
- Videos
- Latest News
- About Us
- Contact Us

Tweets

@PornHelpdotorg 53 mins ago

@YourBrainOnPorn
Website that profits from collecting and selling data about users' sexual tastes offers users free… t.co/8CkJvzh1cC

Retweeted by Gary Wilson

Join Reboot Nation

A "reboot" is a complete rest from artificial sexual stimulation, including Internet porn. Reboot your brain with encouragement and education at

www.rebootnation.org

Join RN

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English

Privacy - Terms

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STEFAN MOLYNEUX

A libertarian internet commentator and alleged cult leader who amplifies "scientific racism," eugenics and white supremacism to a massive new audience, Stefan Molyneux operates within the racist so-called "alt-right" and pro-Trump ranks.



EXTREMIST INFO

Born: 1966

Location: Mississauga, Ontario, Canada

Ideology: Alt-Right

About Stefan Molyneux

A glance at Stefan Molyneux's subscriber count (650,000+) on YouTube suggests that he is a charismatic, persuasive and influential individual. A skilled propagandist and an effective communicator within the racist "alt-right" and pro-Trump ranks, his promotion of scientific racism and eugenics to a large and growing audience is a serious concern. Molyneux has been delivering "race realist" propaganda, based on pseudo-scientific sources, to his audience on an ongoing basis for over two years, and thus has encouraged thousands of people to adopt his belief in biological determinism, social Darwinism and non-white racial inferiority. Molyneux puts considerable effort into cloaking the practical implications of these beliefs across his media platforms.

In his own words

"I don't view humanity as a single species..."
—Podcast FDR2768, "Collective Guilt for Fun and Profit", Saturday call-in show, August 9, 2014



(https://davidduke.com)

PERSONAL EVOLUTION (HTTPS://DAVIDDUKE.COM/CATEGORY/PERSONAL-EVOLUTION/)

Home (https://davidduke.com) › Personal Evolution (https://davidduke.com/category/personal-evolution/) › Porn Addiction — A Devastating Jewish Globalist Media Influence and How to Defeat It!

Porn Addiction — A Devastating Jewish Globalist Media Influence and How to Defeat It!

DECEMBER 5, 2016 / 11,586 VIEWS

SHARE:

(https://twitter.com/intent/tweet?text=Porn+Addiction+%26%238212%3B+A+Devastating+Jewish+Globalist+Media+Influence+and+How+to+Defeat+It%21&url=https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F)

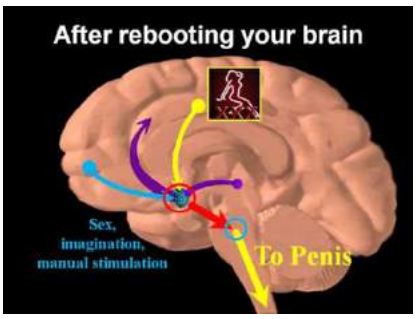
(https://www.facebook.com/sharer/sharer.php?u=https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F)

(https://plus.google.com/share?url=https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F)

(https://www.linkedin.com/shareArticle?mini=true&url=https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F&title=Porn+Addiction+%26%238212%3B+A+Devastating+Jewish+Globalist+Media+Influence+and+How+to+Defeat+It%21)

(https://pinterest.com/pin/create/button/?url=https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F&media=)

(mailto:?subject=http://%5BDavid+Duke.com%5D+Porn+Addiction+%26%238212%3B+A+Devastating+Jewish+Globalist+Media+Influence+and+How+to+Defeat+It%21&body=http://https%3A%2F%2Fdavidduke.com%2Fthe-great-porn-experiment-one-more-devastating-jewish-globalist-influence%2F)



Commentary By Dr. David Duke

The following is an absolutely vital, and I mean truly vital video — especially for the male readers of www.DavidDuke.com, across Europe and around the world.

There is now overwhelming scientific evidence that Internet porn addiction is an epidemic, especially among men. It is an epidemic with many devastating effects upon men both young and old throughout the world. Not only has pornography been overwhelmingly dominated by Jews, as the article by Jewish professor Nathan Abrams shows, (you can find his article from the *Jewish Intellectual Quarterly* on this site) the Jewish porn kings are motivated not just by money but by racial hatred against Europeans. They see pornography as a weapon of revenge for real or imagined European wrongs against Jews from the time of Romans to the modern day.

Of course it is not just Europeans who are affected by destructive, sick pornography, people of all races all over the world have been dehumanized and demoralized by this porn onslaught.

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Science now tells us that pornography addiction is a real addiction. In fact, the latest research also shows that this addiction leads often to failed human relationships, a numbing of human pleasure from other aspects of life, and even to sexual dysfunction, and this is even more damaging for young men. Because very young males are watching Internet porn it has a catastrophic effect on the forming structure of the brain itself — which is more malleable during early development.

Not only has the globalist porn industry been specifically dominated by Jews, the mainstream Jewish-dominated media has programmed America and the world to believe that even the sickest kinds of degenerate porn are perfectly acceptable and should be legal and available, even to children by way of the Internet.

Ironically, the same Ziomedia that tells us that sick, destructive porn is "freedom of speech" at the same time tells us that true political and social freedom of speech should be criminalized as quote, "Hate Speech."

In parts of Europe and other areas of the Western World, there are academics cast into prison for years for simply having an academic opinion that the Zionists don't like. Anything that exposes the Zionists, whether it is about the true origins of the Second World War or the Holocaust they demand that it be suppressed or even criminalized. This censorship is promoted while at the same time they demand that the sickest and most destructive porn must be made available to every kid with a smartphone.

The following video should be an eye-opener to every reader of www.DavidDuke.com.

And if you suspect that you might be developing an addiction to the pervasive presence of Internet porn, Gary Wilson offers some great techniques to break this addiction and restore yourself to a healthy mentality.

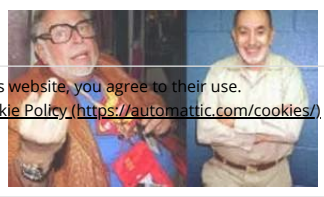
The following is a lecture to the famous TED speaking forum by Psychology Teacher Gary Wilson.

I heartily recommend it!



Related







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SPLC Southern Poverty Law Center

DAVID DUKE

David Duke is the most recognizable figure of the American radical right, a neo-Nazi, longtime Klan leader and now international spokesman for Holocaust denial who has nevertheless won election to Louisiana's House of Representatives and once was nearly elected governor.



EXTREMIST INFO

Born: 1950

Group: EURO

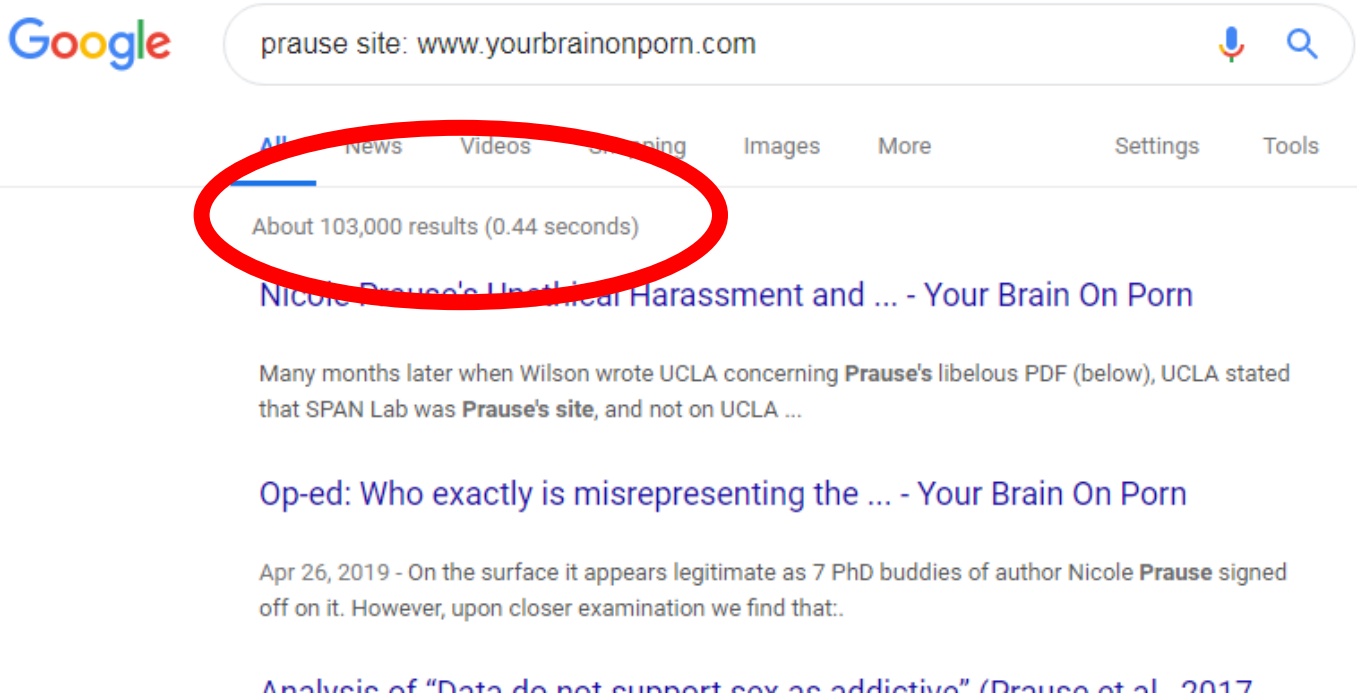
Ideology: White Nationalist

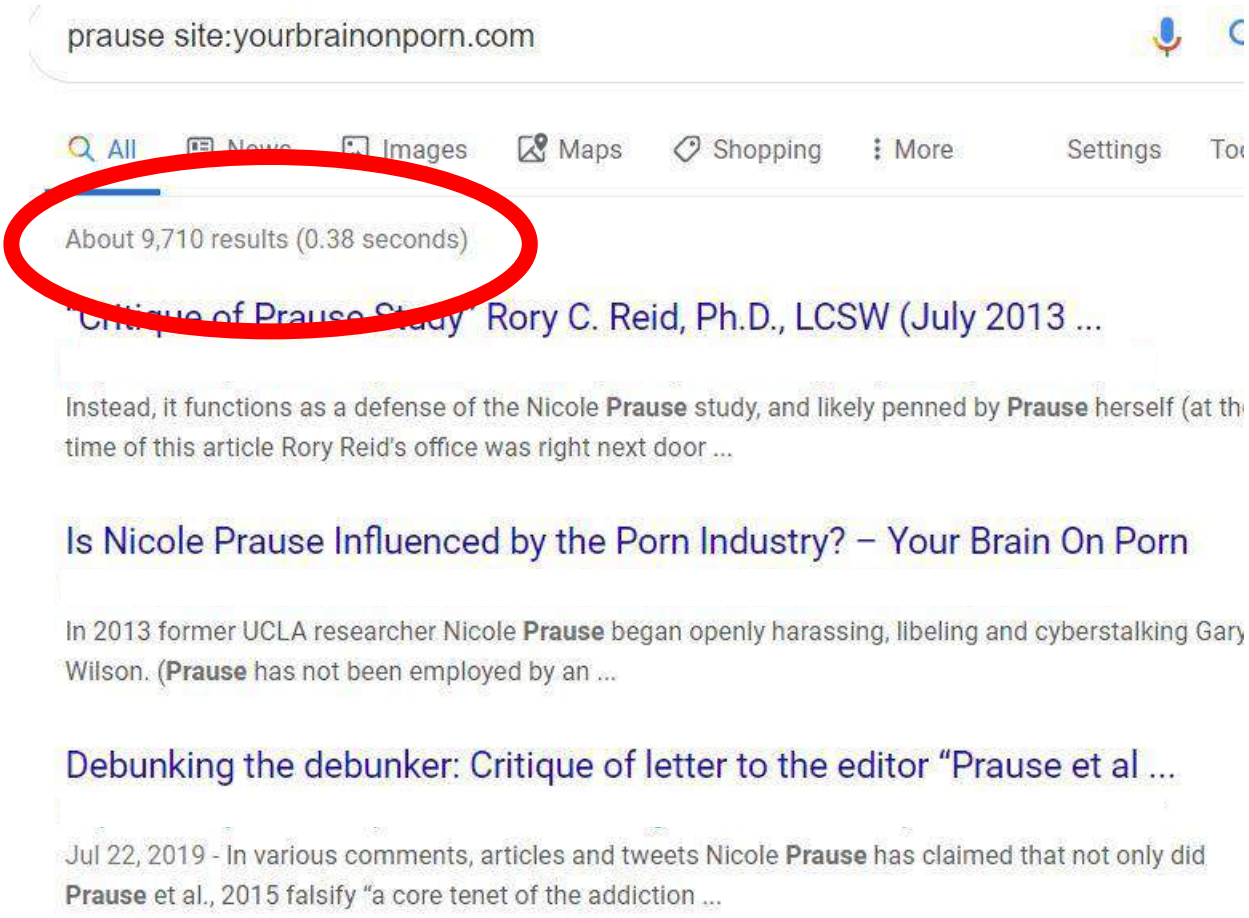
About David Duke

He is also known for his avid pursuit of women and, especially, money — so much so, in fact, that he finally went to prison in 2002 for using cash raised to support white supremacist causes to pay for his own gambling and home improvements. Since then, Duke has become an itinerant anti-Semitic salesman, traveling regularly to Europe to sell his books while his latest white supremacist organization, EURO, remains almost entirely inactive.

In his own words

"Racial idealism, or racialism, is the idea that a nation's greatest resource is the quality of its people. It means examining all questions of government on the basis of whether the proposed measure is good or bad for our race. ... Neither Communism, Capitalism, nor any other materialistic doctrine can save our race; our only racial salvation lies in a White racial alliance uniting our people with the common cause of racial idealism."
— September 1970 article in *The Racialist*


Google
prause site: www.yourbrainonporn.com
News
Videos
Images
More
Settings
Tools
About 103,000 results (0.44 seconds)
Harassment and ... - Your Brain On Porn
Many months later when Wilson wrote UCLA concerning Prause's libelous PDF (below), UCLA stated that SPAN Lab was Prause's site, and not on UCLA ...
Op-ed: Who exactly is misrepresenting the ... - Your Brain On Porn
Apr 26, 2019 - On the surface it appears legitimate as 7 PhD buddies of author Nicole Prause signed off on it. However, upon closer examination we find that:.


prause site:yourbrainonporn.com
All
News
Images
Maps
Shopping
More
Settings
About 9,710 results (0.38 seconds)
"Critique of Prause Study" Rory C. Reid, Ph.D., LCSW (July 2013 ...
Instead, it functions as a defense of the Nicole Prause study, and likely penned by Prause herself (at th
time of this article Rory Reid's office was right next door ...
Is Nicole Prause Influenced by the Porn Industry? – Your Brain On Porn
In 2013 former UCLA researcher Nicole Prause began openly harassing, libeling and cyberstalking Gary
Wilson. (Prause has not been employed by an ...
Debunking the debunker: Critique of letter to the editor "Prause et al ...
Jul 22, 2019 - In various comments, articles and tweets Nicole Prause has claimed that not only did
Prause et al., 2015 falsify "a core tenet of the addiction ...

Annex

Letter from Wayne B. Giampietro to Alisa C. Simmons, May 9, 2019.

ANNEX 2

Lawrence A. Poltrock
Jennifer K. Poltrock
Wayne B. Giampietro

POLTROCK & GIAMPIETRO
Attorneys and Counselors

Kurtis R. Hale

May 9, 2019

Ms. Alisa C. Simmons
Fitch, Even, Tabin & Flannery LLP

VIA EMAIL:

Re: Gary Wilson; Your Brain On Porn;
Dr. Nicole Prause; Real Your Brain on Porn

Dear Ms. Simmons:

We are counsel to Dr. Nicole Prause, who has requested us to respond to your letter dated May 1, 2019 to her, wherein you claim that Dr. Prause has in some way infringed on the trademark rights of Gary Wilson and his claimed trademark "Your Brain on Porn." Those claims are wholly without basis. First, your claims are based on the assumption that Dr. Prause somehow controls or owns the website "realyourbrainonPorn.com." Although that web site refers to Dr. Prause, she has no ownership interest in that website.

Further, your letter mis-states the law regarding trademarks. While you claim your client owns the trademark "Your Brain on Porn," "YBOP," and similar names, he has not received a federal trademark registration for any of those alleged marks. In fact, he has requested such registration only recently.

Whether his application for federal registration of his claimed trademarks will be granted is problematic. Those claimed trademarks are clearly descriptive of the contents contained on the web site "Your Brain on Porn.com." Your claim that your client provides services through his web site is quite suspect, since there is nothing on that web site which offers anything other than information and directions to other sources. I see nothing on that web site which provides or offers any commercial services or products.

Further, that term is descriptive of the information provided on the web site. Since the term is descriptive, your client may make no assertion regarding our client's use of a similar mark unless he can prove that his mark has acquired a secondary meaning. I doubt most highly that he would ever be able to make such a showing.

Indeed, it appears that your client's term for which it claims a trademark is generic. Generic terms are entitled to no trademark protection whatsoever. The term "your brain on porn" is being used by numerous other individuals. It is indeed both descriptive and generic.

In order to prevail on your claim that Dr. Prause and her colleagues have in some way infringed upon your client's trademark, you will be required to prove likelihood of confusion between the trademarks being used by the parties. It will be impossible for Wilson to make that showing. Dr. Prause makes it extremely clear that her view of the issues regarding pornography is diametrically opposite to the material published by your client. Numerous cases have held that under these circumstances, there can be no finding of likelihood of confusion. You would have the burden of making such a showing. You cannot do so. Dr. Prause neither offers nor sells any goods or services which could conceivably be considered to be competitive with your client. You can never show any confusion as to either goods or services.

Most importantly, Dr. Prause has the right to espouse her views on the subject of the effect of pornography on individuals, which is protected by the First Amendment. In order to demonstrate her views are counter to the views of your client and demonstrate their falsity, she must be able to use the same terms to inform the public that she is speaking about the same subject. You cannot use any claimed trademark rights to interfere with Dr. Prause' First Amendment right to freely speak on this subject of public interest and importance. The cases which recognize this concept are legion.

Your demands that Dr. Prause cease exercising her constitutional rights to educate the public about the subject of the effects of pornography on individuals and to counter the information espoused by your client are rejected. I understand that you have made the same threats of litigation and demands regarding your client's alleged trademarks against others with whom Dr. Prause is affiliated. Those demands and threats are similarly unfounded. Those threats must cease immediately.

Finally, despite having been warned in 2015 by counsel for Dr. Prause, Mr. Wilson has continued his barrage of untrue defamatory attacks upon Dr. Prause. Apparently he has embarked upon a vendetta against Dr. Prause and others with whom she is associated. Dr. Prause name alone appears on more than 4000 pages of Wilson's web site, and over 108,000 times with his link online. While a dispute regarding issues of public interest is one thing, making false and defamatory allegations against Dr. Prause is indefensible.

Among the false allegations Wilson has made against Dr. Prause are:

she has engaged in "obsessive, unrelenting cyber-harassment" against Wilson
she "tells a porn addict to visit a prostitute (a violation of APA ethics and California law)
she is "unprofessional and unethical"
she was fired, terminated and/or reprimanded by the University of California, L.A.
she falsified or utilized "bogus" data in her studies
she has been, or is currently, funded or receiving material support from pornography organizations
she is, herself, involved in the porn industry

her research is funded by One Taste
she has made false claims regards filing criminal complaints against Wilson
to federal and local law enforcement

These statements made by your client are false, defamatory and actionable. He must remove them from his web site immediately, and refrain from posting any similar accusations in the future.

You and your client are hereby put on notice that should you make any attempt to bring any claim against Dr. Nicole Prause or her associates of any kind, whether for trademark violation or otherwise, we will demonstrate to the Court that Wilson's claim for trademark violation is frivolous and subject to sanctions under Rule 11, Federal Rules of Civil Procedure, for commencing false and unfounded litigation. Dr. Prause will also file a counterclaim for defamation, false light invasion of privacy and intentional interference with business relations, seeking actual and punitive damages.

I am available to discuss this matter further if you wish to do so.

Very truly yours,

Wayne B. Giampietro

WBG/afd
cc: N. Prause

Annex

Letters from Dr. Peter Finn and Dr. Alan McKee show that Dr. Prause does not own any part of realyourbrainonporn.com, despite Complainant's false claims otherwise.

- ANNEX 3

DEPARTMENT OF
PSYCHOLOGICAL AND
BRAIN SCIENCES
INDIANA UNIVERSITY
Bloomington

July 17, 2019

Dear Ms. Simmons,

It has come to my attention that you are using my letter of May 7, 2019 to claim Dr. Prause owns the website server or domain realyourbrainonporn.com. I do not believe she does, and my letter offered no such commentary or evidence. I have no idea who owns that site. Please stop making the false claim that I asserted she owns this content.

Peter R Finn, PhD
Psychological and Brain Sciences
Indiana University – Bloomington Indiana

Gmail

Alan McKee · Thu, Jul 18, 2019 at 7:54 PM
To:

To whom it may concern,

I have no reason to believe that Nicole Prause owns the website server or domain realyourbrainonporn.com.

Please do not hesitate to contact me if I can provide any more information.

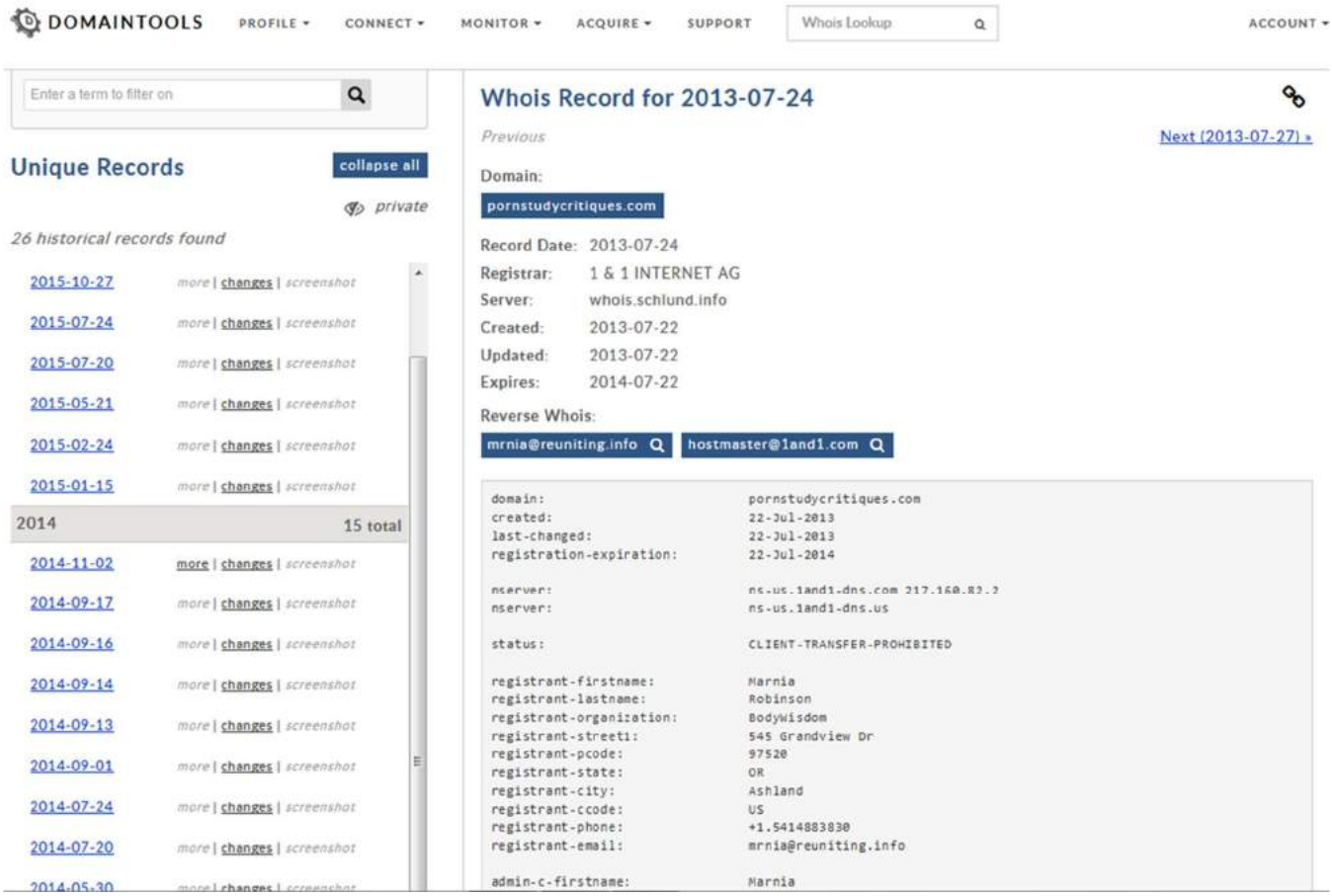
Alan

[Quoted text hidden]
UTS CRICOS Provider Code: 00099F DISCLAIMER: This email message and any accompanying attachments may contain confidential information. If you are not the intended recipient, do not read, use, disseminate, distribute or copy this message or attachments. If you have received this message in error, please notify the sender immediately and delete this message. Any views expressed in this message are those of the individual sender, except where the sender expressly, and with authority, states them to be the views of the University of Technology Sydney. Before opening any attachments, please check them for viruses and defects. Think. Green. Do. Please consider the environment before printing this email.

Annex

Yourbrainonporn.com content is cross-posted, identically duplicated, on Gary Wilson's wife's, Marnia Robinson's website pornstudycritiques.com.

ANNEX 4


DOMAINTOOLS
PROFILE
CONNECT
MONITOR
ACQUIRE
SUPPORT
Whois Lookup
ACCOUNT
Enter a term to filter on
Unique Records
collapse all
private
26 historical records found
2015-10-27 more | changes | screenshot
2015-07-24 more | changes | screenshot
2015-07-20 more | changes | screenshot
2015-05-21 more | changes | screenshot
2015-02-24 more | changes | screenshot
2015-01-15 more | changes | screenshot
2014 15 total
2014-11-02 more | changes | screenshot
2014-09-17 more | changes | screenshot
2014-09-16 more | changes | screenshot
2014-09-14 more | changes | screenshot
2014-09-13 more | changes | screenshot
2014-09-01 more | changes | screenshot
2014-07-24 more | changes | screenshot
2014-07-20 more | changes | screenshot
Whois Record for 2013-07-24
Previous
Next (2013-07-27) »
Domain:
pornstudycritiques.com
Record Date: 2013-07-24
Registrar: 1 & 1 INTERNET AG
Server: whois.schlund.info
Created: 2013-07-22
Updated: 2013-07-22
Expires: 2014-07-22
Reverse Whois:
mrnia@reuniting.info
hostmaster@1and1.com
domain: pornstudycritiques.com
created: 22-Jul-2013
last-changed: 22-Jul-2013
registration-expiration: 22-Jul-2014
nserver: ns-us.1and1-dns.com 217.160.82.2
nserver: ns-us.1and1-dns.us
status: CLIENT-TRANSFER-PROHIBITED
registrant-firstname: Marnia
registrant-lastname: Robinson
registrant-organization: BodyWisdom
registrant-street1: 545 Grandview Dr
registrant-pcode: 97520
registrant-state: OR
registrant-city: Ashland
registrant-ccode: US
registrant-phone: +1.5414883830
registrant-email: mrnia@reuniting.info
admin-c-firstname: Marnia

Porn Study Critiques

Analyzing Selected Research & Reviews

David Ley is now being compensated by porn industry giant xHamster to promote its websites and convince users that porn addiction and sex addiction are myths!

August 4, 2019 / 0 Comments / in Uncategorized / by psadmin

David Ley is the author of The Myth of Sex Addiction and Ethical Porn for Dicks. He has written 30 or so blog posts attacking and dismissing NoFap, porn addiction, sex addiction, porn-induced sexual dysfunctions and porn's effects on relationships David Ley chronically asserts that porn use is harmless and if someone develops problems it's [...]

Read more → [https://pornstudycritiques.com/david-ley-is-now-being-compensated-by-porn-industry-giant-xhamster-to-promote-its-websites-and-convince-users-that-porn-addiction-and-sex-addiction-are-myths/]

The Initiation and Development of Cybersex Addiction: Individual Vulnerability, Reinforcement Mechanism and Neural Mechanism (2019): Excerpt analyzing Prause et al., 2015

July 9, 2019 / 0 Comments / in Uncategorized / by psadmin

Link to full paper – The Initiation and Development of Cybersex Addiction: Individual Vulnerability, Reinforcement Mechanism and Neural Mechanism (2019) Note – numerous other peer-reviewed papers agree that Prause et al., 2015 supports the porn addiction model: Peer-reviewed critiques of Prause et al., 2015 Excerpt critiquing Prause et al., 2015: First, Steele et al. (2013) [...]

Read more → [https://pornstudycritiques.com/the-initiation-and-development-of-cybersex-addiction-individual-vulnerability-reinforcement-mechanism-and-neural-mechanism-2019-excerpt-analyzing-prause-et-al-2015/]

The Initiation and Development of Cybersex Addiction: Individual Vulnerability, Reinforcement Mechanism and Neural Mechanism (2019): Excerpt analyzing Steele et al., 2013

July 9, 2019 / 0 Comments / in Sexual Desire, not Hypersexuality, is Related to Neurophysiological Responses Elicited by Sexual Images / by psadmin

Link to full study – The Initiation and Development of Cybersex Addiction: Individual Vulnerability, Reinforcement Mechanism and Neural Mechanism (2019) Excerpt critiquing Steele et al., 2013: First, Steele et al. (2013) found that individuals with viewing of visual sexual stimuli (VSS) induced a greater amplitude of the P300 component when viewing erotic images than when [...]

Read more → [https://pornstudycritiques.com/the-initiation-and-development-of-cybersex-addiction-individual-vulnerability-reinforcement-mechanism-and-neural-mechanism-2019-excerpt-analyzing-steele-et-al-2013/]

Donald Hilton defamation lawsuit against Nicole Prause: Downloadable PDF's of Hilton lawsuit, exhibits, and affidavits by 9 other Prause victims

June 22, 2019 / 1 Comment / in Uncategorized / by psadmin

Initial 17-page complaint (May, 2019): Don Hilton defamation lawsuit against Nicole R Prause. Civil Case Info Sheet Exhibit A Exhibit B Exhibit C Exhibit D Exhibit E On July 24, 2019 Don Hilton amended his lawsuit to include: Affidavits from 9 other victims of Prause, Prause's malicious complaint to the Texas Board of Medical Examiners [...]

Read more → [https://pornstudycritiques.com/donald-hilton-defamation-lawsuit-against-nicole-prause-the-17-page-complaint-downloadable-pdf/]

Cease and desist letter to Nicole R. Prause & Liberos LLC for trademark infringement of Your Brain On Porn and www.yourbrainonporn.com

June 22, 2019 / 0 Comments / in Uncategorized / by psadmin

A group of pro-porn, self-proclaimed "experts", led by Nicole Prause, are engaged in illegal trademark infringement of "YourBrainOnPorn.com. For all the details see this extensive page: Aggressive Trademark Infringement Waged by Porn Addiction Deniers (www.realyourbrainonporn.com). On May 1, 2019 the attorneys for the common-law owner of the trademarks "Your Brain On Born" and "YourBrainOnPorn.com" sent [...]

Read more → [https://pornstudycritiques.com/cease-and-desist-letter-to-nicole-r-prause-liberos-llc-for-trademark-infringement-of-your-brain-on-porn-and-www-yourbrainonporn-com/]

Critique of Samuel Perry's "Is the Link Between Pornography Use and Relational Happiness Really More About Masturbation? Results From Two National Surveys" (2019)

June 6, 2019 / 0 Comments / in Uncategorized / by psadmin

Highlights of critique: Religion researcher Samuel Perry published a re-analysis of data used in one of his earlier porn studies. It appears that pro-porn ideologues Nicole Prause and David Ley "encouraged" Perry to do this re-analysis. Note: A year later Perry also teamed up with his new wolf pack (Prause, Ley and their chums) to [...]

Read more → [https://pornstudycritiques.com/critique-of-samuel-perrys-is-the-link-between-pornography-use-and-relational-happiness-really-more-about-masturbation-results-from-two-national-surveys-2019/]

Critique of "Harder and Harder? Is Mainstream Pornography Becoming Increasingly Violent and Do Viewers Prefer Violent Content?" (2018)

June 6, 2019 / 0 Comments / in Uncategorized / by psadmin

Link to abstract (which is also below) This paper is a misleading, irresponsible attempt to counter the 2010 Ana Bridges study on aggression in porn ("Aggression and sexual behavior in best-selling pornography videos: A content analysis update"), which found that 88% of the most popular porn films featured physical aggression against women. However, this study [...]

Read more → [https://pornstudycritiques.com/critique-of-harder-and-harder-is-mainstream-pornography-becoming-increasingly-violent-and-do-viewers-prefer-violent-content-2018/]

Porn Science Deniers Alliance (AKA: "RealYourBrainOnPorn.com" and "PornographyResearch.com")

June 6, 2019 / 1 Comment / in Uncategorized / by psadmin

Table of contents: Porn Science Deniers Alliance engages in unlawful trademark infringement of YourBrainOnPorn.com At long last, the Alliance (RealYBOP experts) openly functions as an agenda-driven collective RealYBOP experts are being compensated by porn industry giant xHamster to promote its websites and convince users that porn addiction & sex addiction are myths They receive a [...]

Read more → [https://pornstudycritiques.com/porn-science-deniers-alliance-aka-realyourbrainonporn-com-and-pornographyresearch-com/]

Aggressive trademark infringement waged by group headed by Nicole Prause (www.realyourbrainonporn.com).

June 2, 2019 / 0 Comments / in Uncategorized / by psadmin

Introduction As Your Brain on Porn has been continuously engaged in vigorous debate around the subject of compulsive pornography consumption since before 2011, our website certainly doesn't take issue with, or fear, opposing views. Sexual health experts are welcome to offer views about internet pornography's effects that differ from our views. We thrive on debate [...]

Read more → [https://pornstudycritiques.com/aggressive-trademark-infringement-waged-by-group-headed-by-nicole-prause-www-realyourbrainonporn-com/]

Annex

“Your Brain On Porn” and “Your brain on [Blank]” are extremely widely used phrases as shown by numerous identically titled books, articles, web pages, videos, and programs.

ANNEX 5

URLs containing “Your Brain On Porn” or “Your Brain Porn” unrelated to complainant or respondent websites

https://learn.covenanteyes.com/your-brain-on-porn-1/
http://www.renewalcs.org/wp-content/uploads/2016/09/covenant_eyes_your_brain_on_porn.pdf
https://www.psychologytoday.com/us/blog/women-who-stray/201307/your-brain-porn-its-not-addictive
https://selfdefinition.org/celibacy/Covenant-Eyes--Your-Brain-On-Porn.pdf
https://www.thegospelcoalition.org/blogs/thabiti.../this-is-your-brain-on-porn/
https://endsexualexploitation.org/articles/your-brain-on-porn/
https://michaeljohncusick.com/your-brain-on-porn-part-1-2/
https://restoringthesoul.com/your-brain-on-porn-1/
https://conquerseries.com/this-is-your-brain-on-porn/
https://thesocietypages.org/socimages/2013/03/27/your-brain-on-porn/
https://truenorthfp.org/portfolio-items/your-brain-on-porn/
https://psych2go.shop/blogs/news/this-is-your-brain-this-is-your-brain-on-porn-how-watching-porn-changes-your-brain
http://mentalfloss.com/article/30524/your-brain-porn
https://www.christianitytoday.com/pastors/2010/spring/yourbrainporn.html
https://www.advocate.com/health/2015/01/08/your-brain-porn
https://www.montgomeryadvertiser.com/story/life/2017/08/07/pop-parenting-your-brain-porn-parents-beware/544909001/
https://kyraocity.wordpress.com/tag/yourbrainporn/
https://mindcology.com/mental-health/your-brain-on-porn/
https://www.accounseling.org/your-brain-on-porn/
https://www.walmart.com/ip/This-Is-Your-Brain-on-Porn-eBook/722940755
https://books.apple.com/us/book/this-is-your-brain-on-porn/id910751198
https://bellevuechristiancounseling.com/articles/your-brain-on-porn
http://westkelownacounselling.com/your-brain-on-porn-same-as-drugs/
https://www.metacritic.com/tv/katie/season-2/episode-176-your-brain-on-porn
https://www.christianitytoday.com/pastors/2010/spring/yourbrainporn.html
https://www.cityaddictions.co.uk/videos/your-brain-on-porn-the-scary-effects-of-porn-addiction/
https://www.youthworker.com/articles/this-is-your-brain-on-porn-virtual-sex-and-brain-chemistry/
https://digitalkidsinitiative.com/2014/09/free-christian-e-book-your-brain-on-porn/
https://www.kinkly.com/2/14177/sexual-health/this-is-your-brain-on-porn-advice-for-parents

YouTube videos where title contains “Your Brain On Porn” unrelated to complainant or respondent websites

https://www.youtube.com/watch?v=3gNHeZkUx80 *This is Your Brain on Porn*
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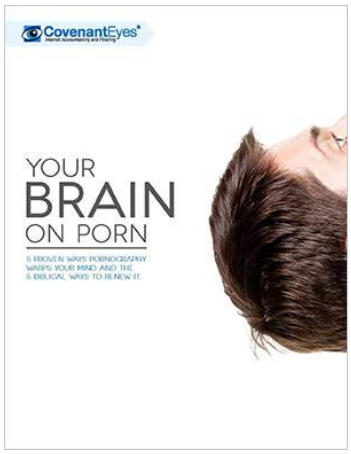




by Luke Gilkerson

Jul 18, 2014 | 2 min

Free E-Book: Your Brain on Porn (Revised and Updated)



Our most downloaded e-book, ***Your Brain on Porn*** (https://covenanteyes.com/brain-ebook/), has recently been revised and updated. Like all our e-books (https://covenanteyes.com/e-books/), it is still available for free for download (https://covenanteyes.com/brain-ebook/).

When I first wrote this book three years ago, it was the culmination of many learning experiences. At the end of February 2010, I had the pleasure of having Dr. William Struthers (https://covenanteyes.com/2010/06/24/this-is-your-brain-on-porn-video-interview-of-the-author-of-wired-for-intimacy/), author of *Wired for Intimacy*, over to my home for dinner. His research about the impact of porn on the brain fascinated me. Since then, the more I've learned about it, the more I've come to really appreciate the value of neurological data (https://covenanteyes.com/2014/02/10/hot-bods-bible-brain/) when it comes to talking about the harms of pornography.

About a year later I had the pleasure of hearing a dynamic presentation by Mary Anne Layden at the Convergence Summit. She talked at length about the research done by (https://covenanteyes.com/2011/06/16/is-porn-raising-your-kids/)Dr. Dolf Zillmann and Dr. Jennings Bryant (https://covenanteyes.com/2011/06/16/is-porn-raising-your-kids/) in the 1980s. I was struck how researchers were able to see a correlation between watching pornography and harmful sexual beliefs. It was investigating their research for myself that gave me the core of the book.

Lastly, I had growing burden to see a well-rounded Biblical response to the problem of porn. The Scriptures, though they are ancient, still give guidance to the modern porn addict, and I wanted to present a brief but powerful message to those ensnared in this habitual sin.

What Has Been Updated?

The main premises of the book are the same, but much as been added. The revised version is over 65% longer than the first edition.

- New research has been included about the impact of porn on the brain.
- All charts and statistics have been updated.
- Instead of *three* biblical ways to renew the mind, we now have *five*, giving a more holistic look at what the Scriptures say about walking in the Spirit (Galatians 5:16).

Porn is a Personal Matter

Despite all the talk about neurology, psychology, and Biblical interpretation, this book is far more than an academic project for me. It is personal. I know firsthand (http://www.churchleaders.com/pastors/pastor-articles/170620-luke-gilkerson-porn-why-i-returned-again-and-again-to-pornography.html) what it is like to feel hopelessly trapped in a cycle of temptation, sin, and remorse. I also know firsthand how the Spirit of God comes to rescue hopelessly trapped people like me. *Your Brain on Porn* (https://covenanteyes.com/brain-ebook/) is perhaps the closely thing to a magnum opus I've written on this subject, and I pray this second edition will help even more people than the first one has.

> For the follower of Christ, the ultimate goal is not merely "quitting pornography," but is something far richer and more comprehensive. If merely modifying behavior was the most important thing, there are any number of psychological tips and tricks one can use. But for the Christian, as it should be for all people, the goal is not merely recovering from pornography, but being remade by God Himself into the image of the perfect Man, Jesus Christ.
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>
> Such a vision of the Christian life might seem too high up and too far away for us, especially if we've lived for a long time in the shame of our darkest sexual obsessions. Daring to believe that God is as good as He says He is takes faith in the face of our deepest struggles.
>
> – Excerpt, *Your Brain on Porn*

Your Brain on Porn

Watching just 5 hours of porn has been proven to significantly change people's sexual beliefs and attitudes. Find out 5 distinct ways that porn warps your brain, as well as 5 biblical ways to renew your mind and find freedom.

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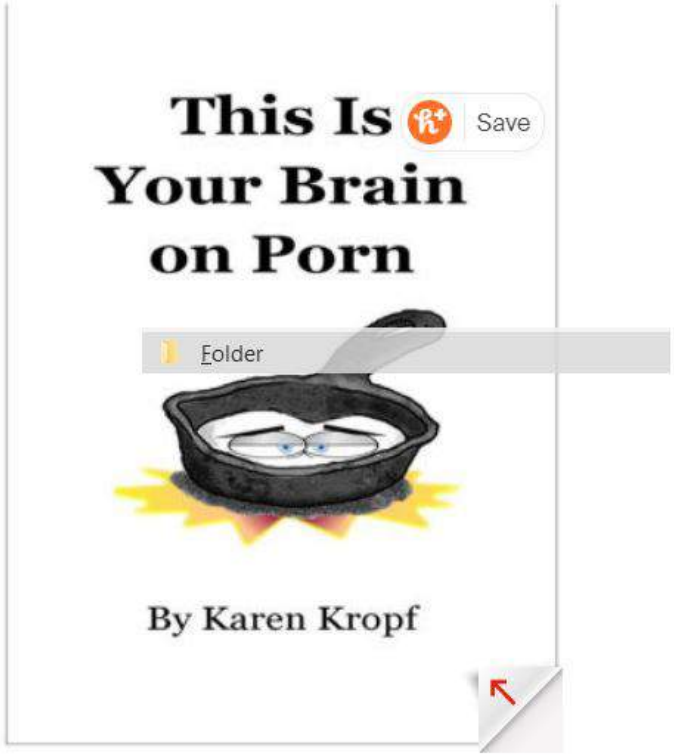
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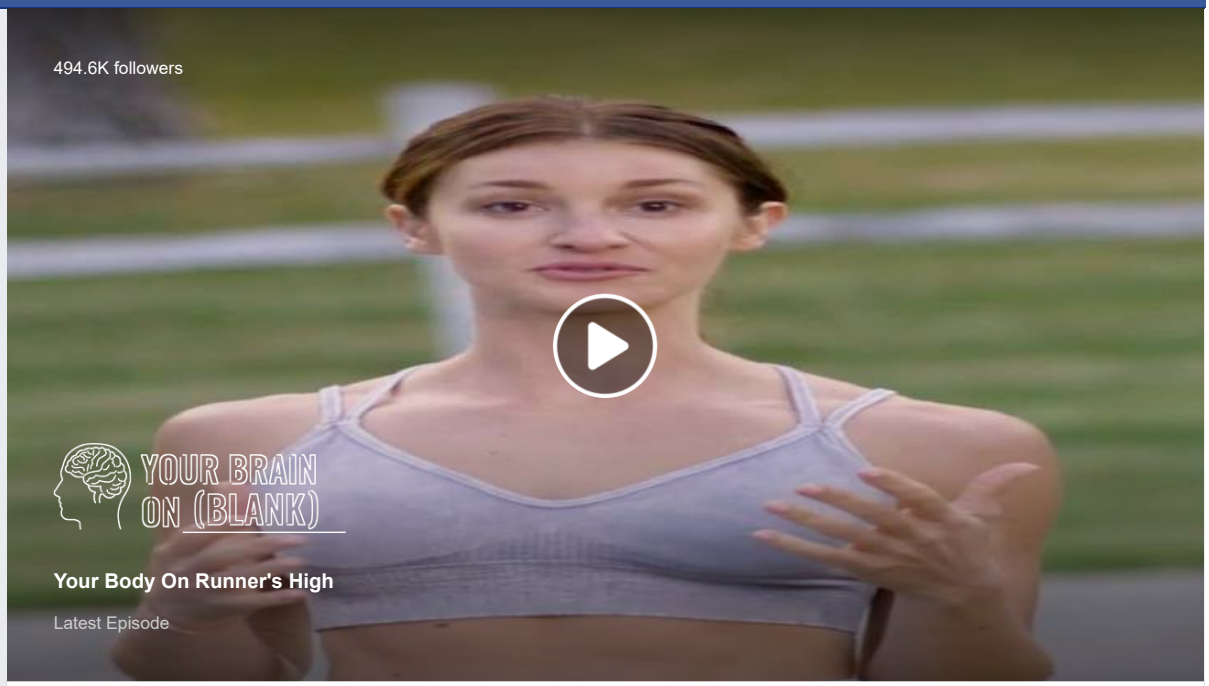
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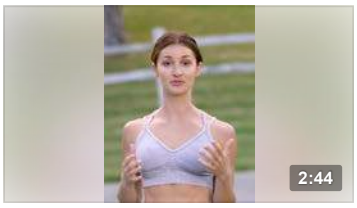
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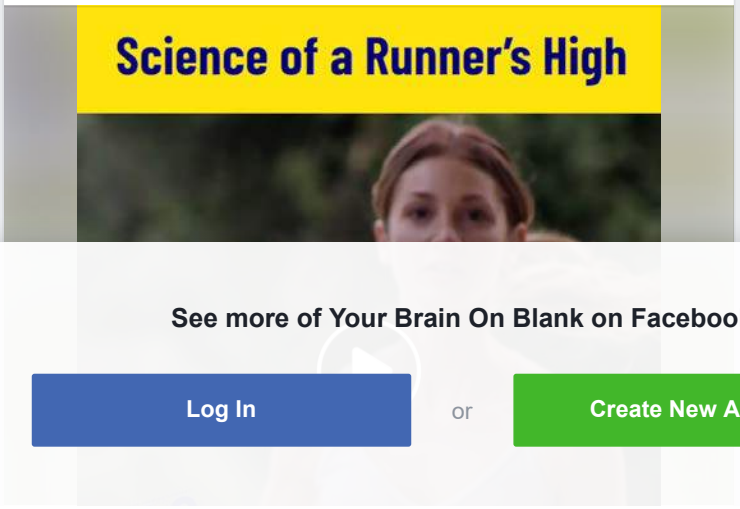
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30

1w

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Steve L Suave Although she's not wrong, she has a small petite body with a high metabolism and likely never has to workout.

5w

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February 14 ·

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Your Brain On Blank Thanks for watching!
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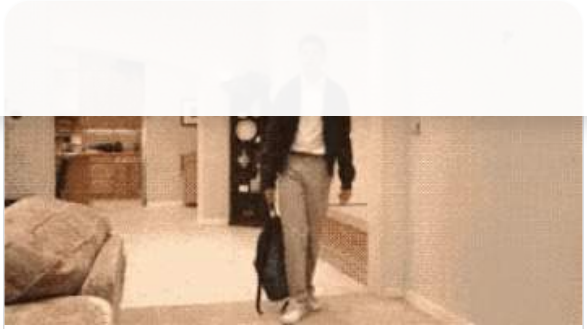
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Roger Pigg The polywhosawhatsits in my COMT can handle the blood and guts of Freddy Kreuger, but creepy stuff like The Ring movies are a "no go."
39w

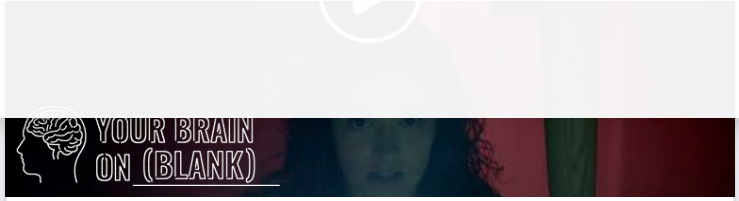
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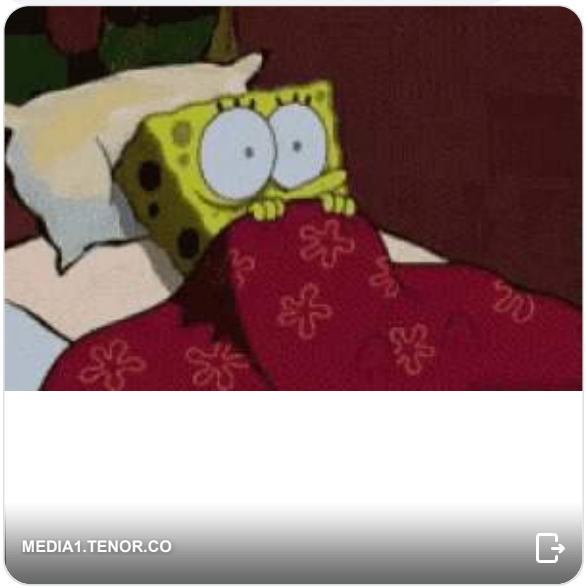
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43w

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Cam Walker Reminds me of time in a lounge trying to explain to colleagues the lecture I was going to give the next day at a conference. I remember actual lecture as being much less profanity laden.
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Robert Stamper We should send this to judge kavenaugh
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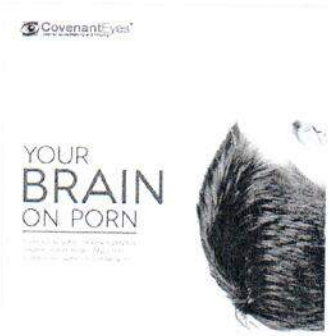




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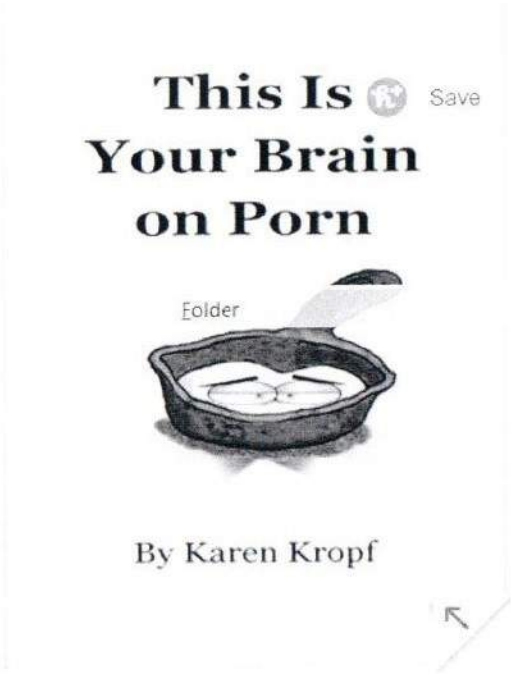
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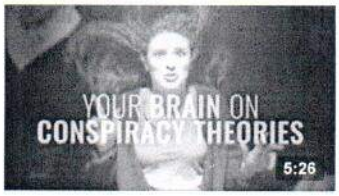
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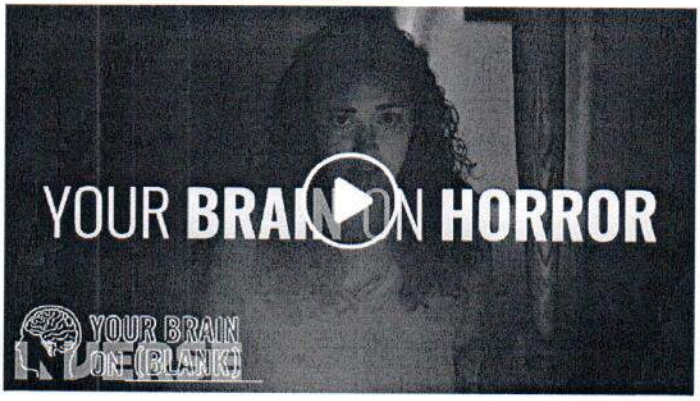
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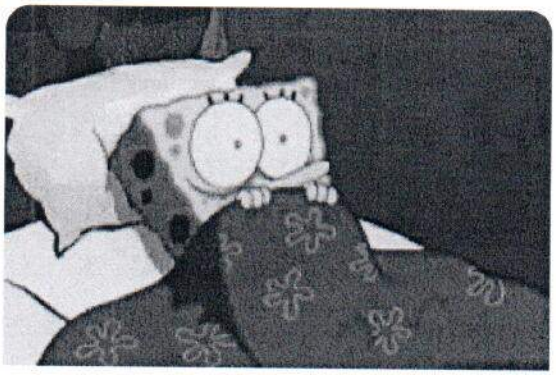
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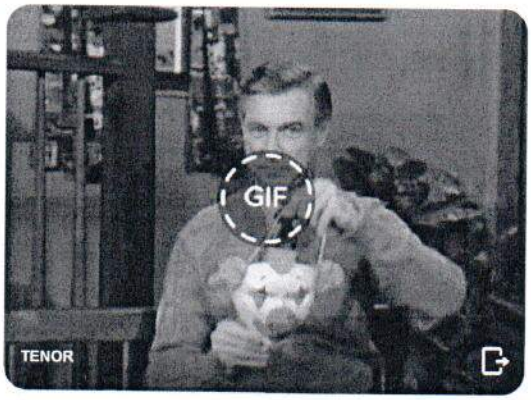


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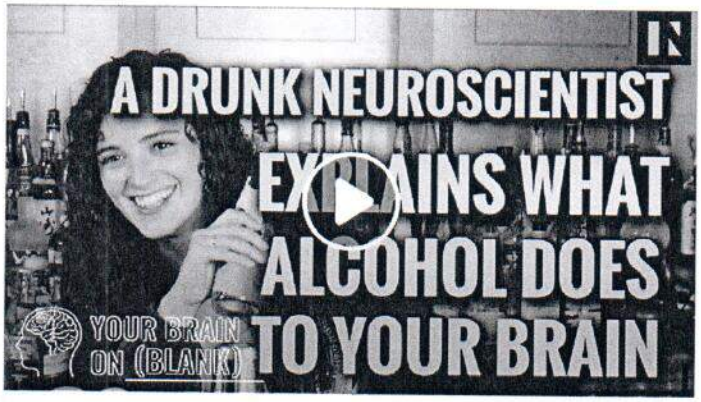
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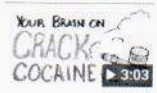
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Annex

Examples of the use of “your brain on porn” by third parties.

ANNEX 8

CovenantEyes®

Your Brain on Porn

5 proven ways pornography warps your mind and
5 biblical ways to renew it





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Luke served as the general editor and primary author of the Covenant Eyes blog (www.covenanteyes.com/blog), and also served as the Internet Community Manager. Luke has a BA in Philosophy and Religious Studies from Bowling Green State University and an MA in Religion from Reformed Theological Seminary.

Before working at Covenant Eyes he spent six years as a campus minister at the University of Toledo. He lives with his wife Trisha and four sons in Perry, MI, and currently blogs at intoxicatedonlife.com

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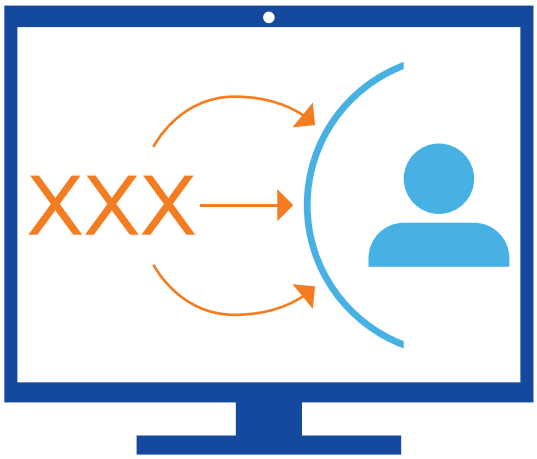
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Chapter 1

Porn on the Brain

"It seems so obvious," says regular *Playboy* writer Damon Brown. "If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn." In the last 150 years, pornography has ridden on the heels of new technology, from the photograph to the film projector, from VHS to DVDs, from the World Wide Web to smartphones. "You name it," Brown says, "pornography planted its big flag there first, or at least shortly thereafter."[1]

We'd like to believe Christians are immune to the prevalence of pornography, but Paul Fishbein, founder of *Adult Video News*, is right when he says, "Porn doesn't have a demographic—it goes across all demographics."[2]

> *"Porn doesn't have a demographic—it goes across all demographics."*
>
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That includes the church. According to data taken from Internet users who took part in the General Social Survey, those who self-identify as "fundamentalists" are 91% *more* likely to look at pornography than the general public.[3]

We are only beginning to see the effects of mass-produced porn on our culture. The Internet generation—those who have grown up with online media in the home—have now entered young adulthood. Many saw pornography for the first time when they were very young, and today consuming Internet pornography is a weekly, or even daily affair for many college-age men and women.[4]

Over a decade ago, Dr. Judith Reisman called porn an "erototoxin," theorizing that the brain itself might be *damaged* while watching porn.[5] She speculated that future brain studies would reveal that the surge of neurochemicals and hormones released when someone watches porn has measurably negative effects on the brain.

Recent studies are now validating her theory.

Desensitized to Pleasure

God wired the brain in such a way that it wants to remember where our natural drives are satisfied. If the body is thirsty, the brain's job is to remember in vivid detail where water can be found, and *dopamine* is the neurotransmitter responsible for helping us remember where to satisfy our natural drives.

When sexually stimulated, dopamine is released into a region of the brain responsible for emotion and learning, giving the viewer a sense of *sharp focus* and an awareness of *craving*: "I have got to have this thing; this is what I need right now." Dopamine supplies a great sense of pleasure. The next time the viewer gets the itch for more sexual gratification, small packets of dopamine are released in the brain, saying, "Remember where you got your fix last time. Go there to get it."

In the context of a secure marital relationship, this push to return to the source of pleasure brings couples back together again and again in sexual intimacy, building a bond of love. But in the context of viewing pornography, the effect is something altogether different.

Continued exposure to porn, especially for long periods of time, releases surge after surge of dopamine, giving the brain an unnatural high. The brain eventually fatigues, limiting the release of dopamine, leaving the viewer wanting more but unable to reach a level of satisfaction. This is called *desensitization*. Everyday pleasures begin to lose their luster—including sex—and the viewer expands their pornographic tastes and seeks out more novel or harder pornography to get the same arousal.[6]

James says sin begins in strong desire, but "sin when it is fully grown brings forth death" (James 1:14-15). Growing sin brings about all forms of death—death to pleasure, death to relationships, and ultimately eternal death.

Hyper-Sensitized to Lust

While the brain becomes desensitized to pleasure in general, it becomes hyper-sensitive to various sexual triggers. In his book *Wired for Intimacy*, Dr. William Struthers offers a way to understand sensitization. He writes:

> Like a path is created in the woods with each successive hiker, so do the neural paths set the course for the next time an erotic image is viewed. Over time these neural paths become wider as they are repeatedly

> traveled with each exposure to pornography. They become the automatic pathway through which interactions with women are routed. The neural circuitry anchors this process solidly in the brain. With each lingering stare, pornography deepens the Grand Canyon-like gorge in the brain through which images of women are destined to flow. This extends to women that they have not seen naked or engaging in sexual acts as well. All women become potential porn stars in the minds of these men.[7]

In other words, the more a person masturbates to pornography, the wider the neuro-superhighway becomes, developing more and more "on-ramps." Sexual cues are everywhere and they all lead to the same place.

The Apostle Paul vividly describes the never-ending lust people experience when cut off from the life of God. He writes, "They have given themselves over to sensuality so as to indulge in every kind of impurity" (Eph. 4:19, NIV). One act of lust leads to two, two leads to four, and four leads to an all-consuming desire. Its appetite is never satiated.

Crippled Willpower

The process of sensitization and desensitization impacts the prefrontal cortex in the brain. As dopamine receptors degenerate in the brain, changes take place in the prefrontal lobes. This region of the brain is responsible for our willpower, regulating our behavior, and making decisions based on wisdom and morals.

Normally, when emotions, impulses, and urges surge from the midbrain, the prefrontal lobes are there to exercise "executive control" over them. But when this region is weakened by continual porn use, willpower is eroded and there is nothing to stop the sense of craving for pornography. As a result, the person experiences the urge, not just as a desire, but as an intense *need*. Neuroscientists call this problem *hypofrontality*. This person is no longer has mastery over his passions but is a slave to them.[8]

It is just as Paul says: as men and women become calloused, desensitized to God and all that is good, they also experience a great "hardness of heart" (Eph. 4:18). They become "slaves to various passions and pleasures" (Titus 3:3).

Our brains are designed by God to weigh consequences and situations and judiciously choose when to allow cravings through, but hypofrontality means the

porn-saturated mind has a very limited ability to do this. The prefrontal region is one of the things that makes humans unique—filled with rationality and conscience. For this reason, one could say that viewing porn, in a very real sense, makes us *less human*.

The Fundamental Problem with Porn

Desensitized to pleasure, sensitized to lust, and crippled in willpower—these are some of the things modern science is unearthing about the affects of porn on the brain. As we will see in the next chapter, studies have shown how porn shapes our sexual beliefs and expectations.

Based on observations coming from the fields of psychology, neurology, and the social sciences, there's much that can be said today about the evils of pornography. Pornography is addictive. The women in porn are often coerced, sexually abused, and encouraged to use drugs. Porn use is contributing to divorce rates. All of these are true; however, it is important for Christians—and for human beings in general—to understand the cardinal problem with pornography.

> *"Porn is essentially wrong because it presents men and women as sexual commodities."*
>
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The Gospel Says:

- "This is my body, which is given for you" (Luke 22:19).
- "Repent, for the kingdom of heaven is at hand" (Matthew 4:17).

VS.

Porn Culture Says:

- "This is her body taken by me."
- "Relax, for there is nothing wrong with your fantasies."

> *"Jesus: "This is my body, which is given for you."* **VS.** *Porn: "This is her body taken by me."*
>
> *Tweet this!*

The Gospel Says:

- "Your life is hidden with Christ in God" (Colossians 3:3).
- Treat "older women as mothers, younger women as sisters, in all purity" (1 Timothy 5:2).
- "This is eternal life, that they know you the only true God, and Jesus Christ whom you have sent" (John 17:3).

VS.

Porn Culture Says:

- "Your life is found in your hidden adventures online."
- "Treat older women as cougars and younger women as barely legal."
- "This is real life, that we would never be denied our every sexual desire, no matter how misogynistic or demeaning."

Pornography is essentially wrong because of its message: it rips sexuality from its relational context and presents human beings not as creatures made in God's image, but as sexual commodities—something to be bought and sold.

Chapter 2

5 Ways That Porn Warps Your Mind

In the early 1980s, Dr. Dolf Zillmann of Indiana University and Dr. Jennings Bryant of The University of Alabama wondered whether continued exposure to video pornography had any impact on people's sexual beliefs and their attitudes towards women. For their experiment, 80 male and 80 female college-age participants were divided into three subgroups, and each group was shown 4 hours and 48 minutes of media.

- The first group, the "Massive Exposure Group," was shown 36 non-violent pornographic films over a six-week period.
- The second group, the "Intermediate Exposure Group," was exposed to 18 pornographic films and 18 regular films over a six-week period.
- The third (control) group, the "No Exposure Group," was shown 36 non-pornographic movies over a six-week period.

Later, these groups were asked a variety of questions ranging from their personal preferences to social issues.[9]

The results were fascinating…

Finding #1: Watching Porn Decreases Our Sexual Satisfaction

Zillmann and Bryant found a direct correlation between the amount of pornography one viewed and one's overall sexual satisfaction in real relationships. Participants from the Massive Exposure Group reported *less* satisfaction with their intimate

partners: they were less likely to be pleased with their partner's physical appearance, affection, and sexual performance.

They concluded that porn consumers eventually compare their spouse, their boyfriend, or their girlfriend with images of porn models.

Another study appearing in the *Journal of Sex and Marital Therapy* in 2002 found similar results. When men and women were exposed to pictures of female centerfold models from *Playboy* and *Penthouse*, this significantly lowered their judgments about the attractiveness of "average" people.[10]

This is disheartening because God is not the enemy of pleasure and sexual attraction; He is the Creator of it. The Bible proclaims it. Even the demons know it. But it is human beings who are most likely to forget it.

The demon Screwtape, in C.S. Lewis' *The Screwtape Letters*, reminds his young demonic apprentice of this truth. "[God's] a hedonist at heart. All those fasts and vigils and stakes and crosses are only a facade. Or only like foam on the sea shore. Out at sea, out in His sea, there is pleasure and more pleasure. He makes no secret of it; at His right hand are 'pleasures forevermore.'... He has filled the world full of pleasures."[11]

> *"Porn essentially trains men and women to be consumers, not lovers; to treat sex as a commodity."*
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Sex is one of these God-created pleasures.
To highlight the goodness of sexual pleasure, God inspired King Solomon to write a little book of romantic melodies called "The Song of Songs"—a title that means "the best love song of all." This book expresses—at times in erotic detail—the pleasure and joy of marital sexuality.

But like all good things, sin aims to twist this pleasure.

When people become more and more entrenched in pornography, this ends up only deluding and deadening their libido. After years working with men and women entrenched in pornography, Dr. Mary Anne Layden concluded, "Having spent so much time in unnatural sexual experiences with paper, celluloid and cyberspace, they seem to find it difficult to have sex with a real human being." Pornography, she says, "is toxic miseducation about sex and relationships," training men and women to expect online "designer sex" in the real world.[12]

This isn't merely about comparing someone's body type or sexual performance. When someone is exposed to pornography again and again, they can start comparing *the whole fantasy experience* to their normal sex lives. Instead of being drawn to one woman or one man, they end up being turned on by the *variety* and *novelty* porn offers them.

Neurobiologist Peter Milner explains that our brains are wired to be attracted to that which is unfamiliar and novel. This inward drive is what helps us to learn new things and adapt to our environment. But, he explains, it is possible "to become addicted to novelty and uncertainty."[13] Over time the brain that feeds on erotic media is trained to equate sexual excitement with the novelty and variety of pornography. Eventually the familiar face, body, and sexual performance of a spouse doesn't arouse the way it used to.

For all of Solomon's romantic wisdom and marital passion, even he was ensnared by a lust for "variety." In 1 Kings 11 we learn Solomon eventually accumulated 700 wives and 300 concubines because "he loved many foreign women" (v.1).

Pornography essentially trains men and women to be *consumers*, not lovers; to treat sex as a commodity; to think about sex as something on-tap and made-to-order. As Dr. Judith Reisman rightly concludes, pornography "castrates" men visually, training them to retreat into the realm of fantasy if they want to be aroused.[14]

Finding #2:
Watching Porn Disconnects Us From Real Relationships

After their experiment, Zillmann and Bryant concluded that the more porn someone saw, the more likely they were to prefer sex without emotional involvement. After watching less than five hours of pornography over a six-week period, the Massive Exposure group was more likely to *devalue* marriage, the idea of having children, and the importance of faithfulness in a relationship. They also showed a greater acceptance of casual sex.

"Casual sex" is not new to our generation. Even 2,000 years ago, the apostle Paul planted churches in places like Corinth—a city with a reputation that might make a Las Vegas pimp blush. In Corinth, sex was a religion—literally. The temple to Aphrodite was home to thousands of priestesses—glorified prostitutes—who serviced the worshippers. The loose sexual mores of Corinth were even lower than

those of the rest of the Roman Empire, and the verb "corinthianize" was coined to describe this lifestyle of decadent sin.

Paul's word for this way of life was *porneia*: a persistent lifestyle of sexual immorality. To the church in Corinth, surrounded by these depraved influences, Paul writes, "Flee from sexual immorality…Because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband" (1 Cor. 6:18; 7:2). Paul commends a habit of regular sexual intimacy between husbands and wives because the temptation to sin is, at times, very strong (7:3-5). For Paul, sexual passion finds its haven in a marital relationship.

Pornography, however, is not only an expression of casual sex but feeds a desire for it, as the Zillmann-Bryant study confirms. We see this especially among the younger generations who have taken up the habit of "sexting," sending racy photos or videos of themselves to others—essentially becoming someone else's pornography. As one 17-year-old girl put it: "You can't get pregnant from it, and you can't transmit STDs. It's a kind of safe sex."[15]

> *"Porn trains men to desire the cheap thrill of fantasy over a committed relationship."*
>
> *Tweet this!*

Dr. Gary Brooks, author of *The Centerfold Syndrome*, explains how pornography alters the way men think about romantic relationships. The glossy magazine pictures or pixels on the screen have no sexual or relational expectations of their own. This essentially trains men to desire the cheap thrill of fantasy over a committed relationship. Pornography trains men to be digital voyeurs, to prefer *looking* at women more than seeking out genuine intimacy.[16]

We might say the real problem with pornography isn't that it shows us *too much* sex, but that it doesn't show us *enough*—it cannot possibly give us an experience of real intimacy. Porn treats sex one-dimensionally, packages it in pixels, and rips it from its relational context. It only titillates us with images of sex but cannot offer the experience of closeness with another person.

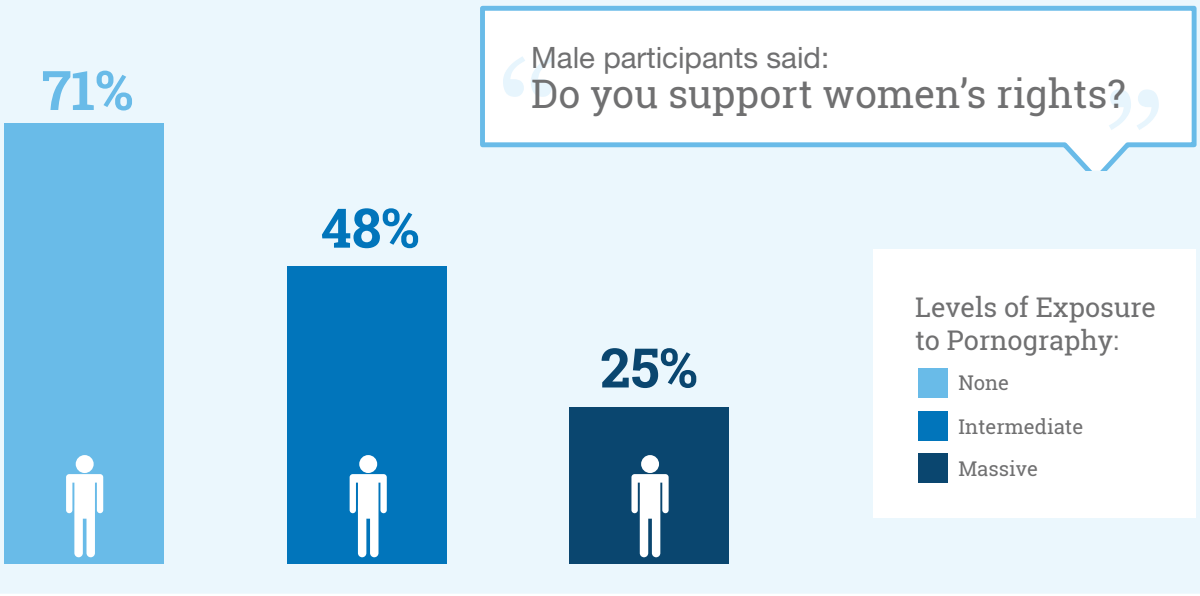
Finding #3:
Watching Porn Lowers Our View of Women

In the Zillmann-Bryant experiment, the Massive Exposure Group was far more likely to believe women in society really fit the stereotype of the women they saw in

pornographic films. They were more likely to believe all women are really "as hysterically euphoric in response to just about any sexual or pseudosexual stimulation, and as eager to accommodate seemingly any and every sexual request" as the porn girls.

Participants in the experiment were asked to rate their overall support for women's rights. Men in the Massive Exposure Group showed a 46% drop in support compared to the No Exposure Group. And among *women* participants, this drop was an alarming 30%.

> *"Porn doesn't help men value women but rather to see fewer women as porn-worthy."*
>
> *Tweet this!*



Contrary to the message of pornography, the Scriptures tell us both men and women are created in the image of God (Gen. 1:26-28). The implications of this doctrine are far-reaching. As image-bearers we "reflect" God in a way no other creature on earth does. As far as God is concerned, to assault someone made in His image is a great crime (Gen. 9:6; James 3:9). Knowing we are made in God's image should impact how we see ourselves and how we see one another.

It is not only men who bear this image, but women as well. In human history the failure to appreciate this fact has led to all manner of abuses to women. And in our

increasingly sexualized culture, it is women who are often the most dehumanized as they are constantly rated for the size, shape, and harmony of their body parts. Often pornography, and even mainstream media, portrays women as people who are *glad* to be used and objectified. It isn't surprising to find women increasingly devalued in our porn-saturated culture.

"Free porn" is a misnomer. Pornography always costs somebody something. And it's the women and girls in our culture, surrounded by boys and men with porn expectations, who often end up paying the highest price.

Naomi Wolf, writing for *New York Magazine*, puts it best: "Today real naked women are just bad porn." The onslaught of porn doesn't train men to value women as people made in the image of God, but instead trains people to see fewer and fewer women as porn-worthy.[17]

Finding #4:
Watching Porn Desensitizes Us to Cruelty

In Zillmann and Bryant's experiment, when asked how common certain sexual activities were in society—activities like anal sex, group sex, sadomasochism, and bestiality—the percentages given by the Massive Exposure Group were two to three times higher than the No Exposure Group. Pornography led them to believe these sexual activities were more common.



Watching pornography also conditioned participants to trivialize rape. Participants were asked to read about a legal case where a man raped a female hitchhiker and then recommend a length for the rapist's prison sentence. Males in the No Exposure Group said 94 months; the Massive Exposure Group cut this by nearly half, recommending only 50 months.

Pornography essentially desensitizes us to sexual violence and cruelty, even when the pornography is considered "non-violent" in nature, as in the Zillmann and Bryant study. Unfortunately, aggression is common in pornography today.[18] A 2000 study discovered the presence of violence in 42% of online pornography. Today, it is not uncommon for even the youngest Internet users to be exposed to graphic material. By the age of 18, for instance, 39% of boys and 23% of girls have seen acts of sex involving bondage online.[19]

> *"Often porn portrays women as people who are glad to be used and objectified."*
>
> *Tweet this!*

In a 2007 presentation, Robert Wosnitzer, Ana Bridges, and Michelle Chang released the results of their study of the 50 top selling adult DVDs. After analyzing 304 distinct scenes in these films, they found 3,376 acts of verbal or physical aggression—that's an act of aggression every minute and a half. About 90% of scenes contained at least one act of aggression. Verbal aggression, such as name-calling, was present in about half of adult video scenes. In 73% of instances, men were the aggressors, and when women were the aggressors, most of the time they were being aggressive to another woman. In 95% of the scenes, the person receiving the aggression reacted neutrally or positively to it. Positive or healthy sexual acts, such as kissing or compliments, were found in only 10% of scenes.[20]

These numbers give us a glimpse of the sexual education porn consumers receive. Routinely, pornography depicts acts of aggression, cruelty, and degradation, and teaches viewers that women enjoy these acts.

Lust and abuse have always been closely related—and the Bible routinely links them. David's daughter Tamar was beautiful, and David's son Amnon secretly loved her from a distance. Amnon described his obsession and lust as so great, it "tormented" him to the point of being ill (2 Sam. 13:2). Eventually he hatched a plan to get her into bed. When the moment came and they were alone, he forced himself upon her and raped her. Then, the Scriptures say, after he had his way with her, he "hated her with very great hatred" (v.15) and threw her out of his house.

A story like this shows the insidious nature of lust. True love leads us to serve one another as human beings created in God's image. Lust leads us to *use* one another, to see others as expendable. And just like in the case of Tamar, a mind that only sees women as objects of lust, can also easily be numbed to cruelty towards women.

Finding #5:
Watching Porn Makes Us Want to Watch More Porn

Two weeks after the Zillmann-Bryant experiment, all participants were given an assortment of pornographic and non-pornographic films to watch in private. Those who were exposed to more pornography were significantly more likely to want to watch hardcore porn.

Continually watching pornography has been shown to produce an escalation effect. Fifteen years after this experiment, Dr. Zillmann continued research in this area, finding that the habitual use of pornography led to greater tolerance of sexually explicit material over time, requiring the viewer to consume more novel and bizarre material to achieve the same level of arousal or interest.[21]

As Solomon said, sex is *intoxicating* (Song 1:4). To his students he wrote, "Rejoice in the wife of your youth…be intoxicated always in her love," but do not get drunk on the embrace of a forbidden woman (Prov. 5:18-20).

Solomon had no knowledge of the human brain the way we do today, but his words on the intoxicating nature of sexuality take on a new richness as we study the effects of pornography on the mind and body.

There is considerable debate today about the existence of "sex addiction" or "porn addiction." Generally, counselors and therapists agree the phenomenon is real: in a 2008 survey, over 90% of therapists believed a person could become addicted to cybersex.[22] Some have proposed calling this "hypersexual disorder"[23] or "sexual compulsion."[24]

> *"90% of therapists believe someone can become addicted to cyber sex."*
>
> *Tweet this!*

Cambridge Neuropsychiatrist Valerie Voon's research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral

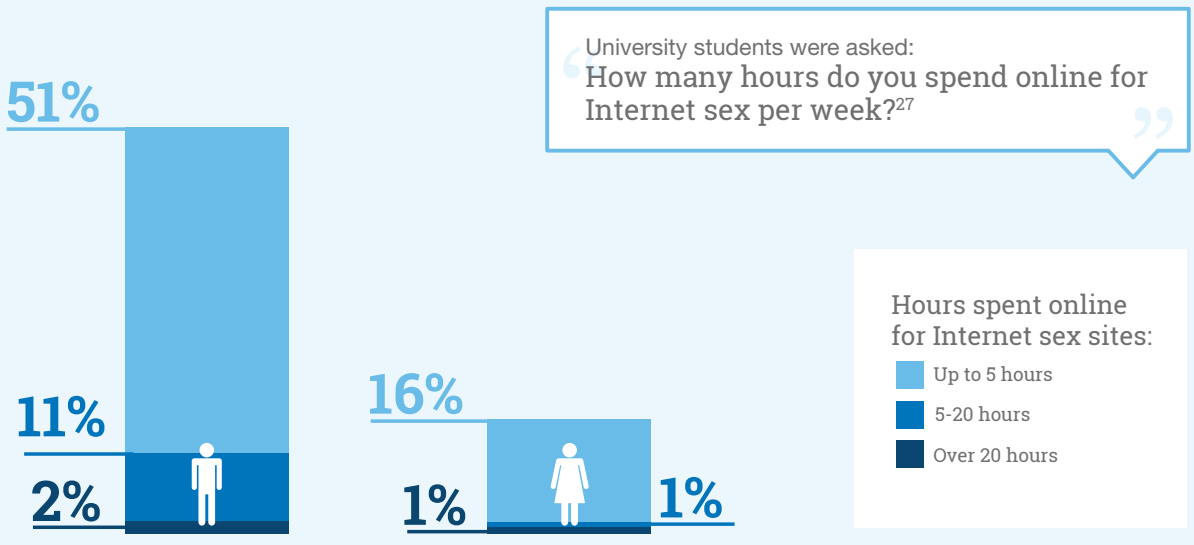
striatum plays a significant role in the reward system of the brain—the pleasure pathways. This part of the brain "lights up" on an MRI when an alcoholic sees a picture of a drink, and the same structure lights up when a self-confessed porn addict sees a pornographic image.[25]

Regardless of the specific labels we use—addiction, compulsion, dependency, hypersexuality—the intoxicating nature of pornography cannot be denied. As the Zillmann-Bryant experiment shows, the more we watch pornography, the more pornography we want to watch: it is like a toxin that gets into our blood. This is one great example of what Paul calls "the law of sin," sin's persuasive pull, which he says resides in the physical members of our bodies (Rom. 7:22-24). We can become captive to the impulses of our brains and bodies when they are trained by sinful indulgence.

30 Years Later: After the Explosion of Internet Porn

At a 2011 conference, Dr. Mary Anne Layden commented about Zillmann and Bryant's research. "When this study was done, that was called the 'Massive Exposure Group'"—seeing five hours of porn over a six-week period—"I now call that the 'Friday Afternoon Group.'"[26]

Her statement is far from an exaggeration. A recent survey of 29,000 people at North American universities shows 51% of men and 16% of women spend up to



five hours per week online for sexual purposes, and another 11% of men spend anywhere from five to 20 hours *per week*. What used to be "massive" exposure is now common practice.[27]

Furthermore, the Internet has not only increased the public's exposure to porn, but has also changed the way it is consumed. Dr. Jill Manning believes Zillmann and Bryant's findings have *greater* applicability in the modern age because Internet porn tends to be more interactive and consumer-driven. Viewers can select exactly who and what they want to see, custom-tailored to their exact specifications.[28]

Porn Shapes Our Sexual Beliefs

So far we've seen five ways pornography warps our minds:

1. **Watching porn decreases our sexual satisfaction.** It trains us to desire the variety and "designer sex" of porn more than the familiar sexuality of marriage.
2. **Watching porn disconnects us from real relationships.** It trains us to detach emotional involvement from sexual experience.
3. **Watching porn lowers our view of women.** It trains us to see women as sexual commodities, not people created in God's image.
4. **Watching porn desensitizes us to cruelty.** It numbs us to the seriousness of verbal and physical aggression.
5. **Watching porn makes us want to watch more porn.** It taps into the neurocircuitry of our brains, making us desire the rush of sexual energy from porn again and again.

For those who have been entrenched in pornography, how do we reverse these mind-warping effects? How do we renew our minds (Rom. 12:1-2)?



Chapter 3

5 Biblical Ways to Renew the Mind

The Bible does not describe us merely as wayward, broken, or needing a moral boost but as those who are *dead* in sin (Eph. 2:1). Dead men and women do not just need recovery: they need resurrection.

For the follower of Christ, the ultimate goal is not merely "quitting pornography," but is something far richer and more comprehensive. If merely modifying behavior was the most important thing, there are any number of psychological tips and tricks one can use. But for the Christian, as it should be for all people, the goal is not merely *recovering* from pornography, but being *remade* by God Himself into the image of the perfect Man, Jesus Christ.

This is the work of the Holy Spirit.

Just as sure as pornography stirs up lustful cravings in us, the Holy Spirit is a source of new, holy cravings. Galatians 5 says we who have the Holy Spirit have the "desires of the Spirit" (5:17). God promises that when we "keep in step with the Spirit," the lusts of the flesh that lead to sexual immorality, impurity, and sensuality will not have their way in us (5:16,25). We can become new men and women from the inside out.

What does it mean to keep in step with the Spirit of God, to walk in the Spirit?

1. **We must walk in accountability** where we can share our darkest secrets and be reminded of our highest calling. To walk in the Spirit, we must confess our sins to each other, pray for each other, and stir up one another to live according to our true identity.
2. **We must internalize Scripture,** the inspired words of the Spirit. To walk in the Spirit, we need to renovate our thoughts according to the truths He has revealed, rejecting the lies pornography has fed us.

3. **We must walk in pure pleasure,** taking great delight in holy and wholesome longings—finding pleasure in all that is honorable, pure, lovely, and excellent. To walk in the Spirit, we need to pursue pure pleasures with sincere gratitude until pornography loses its luster.

4. **We must walk in our true identity,** listening to the cry of the Spirit in our hearts, "Abba, Father," which confirms our new identity. To walk in the Spirit, we need to learn to relate to God, from the depths of our soul, as dearly loved adopted sons and daughters, believing that we belong to God and that our ties to sin are broken forever.

5. **We must stir up the hope** the Spirit inspires in us—the hope of righteousness. To walk in the Spirit, we need to wait eagerly for this hope, putting faith in God's promises that we are destined for an eternity of purity, and longing to see that purity spill over into our present lives.

1. Walk in Accountability

When Paul says we are to "walk in the Spirit" he is writing to a church community, not just to random individuals reading his letter in their private corners. Keeping in step with the Spirit of God is a community activity, something we do together.

In other words, one of the ways we keep in step with the Spirit is by keeping in step with one another. We must live lifestyles of encouragement and accountability. The Spirit does not merely indwell individual Christians. He indwells the church corporately as His temple (2 Cor. 6:16). Walking in the power of the Spirit means we must depend on how the Spirit empowers others to help us.

Nothing slays the power of sin like confession. James writes, "Therefore, confess your sins to one another and pray for one another that you may be healed" (James 5:16). In confessing our sins to God we are promised forgiveness. In confessing sin to *others* we are made whole.

Sin must be *habitually* exposed to the light of confession. This is called *accountability*: being honest with another trusted believer about our temptations, sins, and the state of our heart. Like Adam and Eve in the Garden of Eden, after eating of the forbidden fruit, our knee-jerk reaction is to hide—to hide from God and from one another. Accountability is the willingness to habitually and regularly allow others access to your heart, your motives, your secret desires, your dark thoughts, and, of course, your sinful actions.

Confession of sin is not the only goal of Christian accountability. In the face of each other's weaknesses, we need to encourage one another to fight sin. The author of Hebrews says, "let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near" (Heb. 10:24-25).

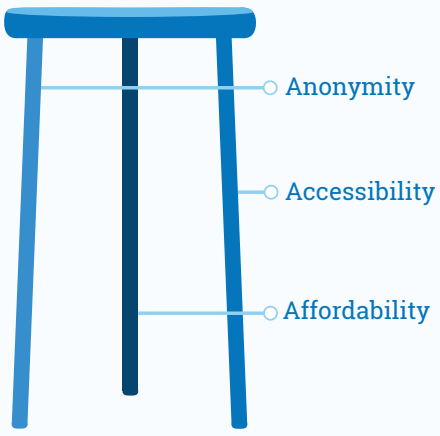
Christian accountability is meant to be a dialogue. When we give an *account* of our sins to others, in return, they should listen and then give an *account* of God's grace back. When sin is confessed, it is not to merely assuage a guilty conscience. In this text, God calls us to "stir up" one another—that is, to urge, to spur on, to provoke, to motivate each other—to love and good deeds. Each time we meet together we should be contemplating and praying, "God, show me how I can really motivate my friend to resist temptation and instead love You and others wholeheartedly." We are to have a blatent intentionality and thoughtfulness in our friendships.

Like the embers of a red-hot fire, we stir up the fire not by adding heat to it, but rather by exposing the glowing embers to the air, helping to bring out the energy that is already in the embers. If the Spirit of God is in us, He has already etched his law on our hearts (Jer. 31:33-34; Ez. 36:25-27). But He has also placed us in the family of the church, among trusted friends who are also filled with His Spirit, in order that we might stir up in each other what God has already put within us.

Put Into Practice

Accountability and Pornography

The late psychologist, Dr. Al Cooper, believed three main factors draw people into online sexual activity:[29]



1. Anonymity
Home computers and smartphones have made it very easy to be secretive.

2. Accessibility
Pornography is accessible from any Internet connection.

3. Affordability
Millions of free or very cheap images are available online.

He dubbed this the “Triple-A Engine” of Internet porn. These three factors work like three legs on a stool: remove just one of the legs and the stool will fall.



The easiest leg to remove is the leg of *anonymity*, or secrecy. We do this by becoming accountable to others about the time we spend online, taking away the option to hide our Internet activity.

One way to do this is through the use of Covenant Eyes Screen Accountability™. Screen Accountability software analyzes screenshots to determine whether they contain explicit material. Then, images are blurred to hide private information and graphic imagery. A handful of these blurred images that are representative of your Internet usage are then selected and sent to your partner. Screen Accountability provides more holistic insight into what we actually look at on our screens. Experience accountability online with Covenant Eyes right now at www.covenanteyes.com.

Get Screen Accountability

2. Walk According to the Word

When Paul writes “keep in step with the Spirit,” the word he uses is the same as that of an army marching in line, a platoon following its marching orders. Lest we think keeping in step with the Spirit is a purely mystical experience, Paul says it is very practical. Keeping in step with the Spirit means obeying His clearly revealed orders.

We cannot claim to keep in step with God’s Spirit if we ignore or disobey the writings He inspired: the Scriptures. Through the Bible, the Holy Spirit speaks clear words to the church. As an expert in God’s law, Paul understood this. He knew all the writings of the prophets were “breathed out by God” (2 Tim. 3:16). No less than 32 times in Paul’s letters he uses the phrase “it is written,” pointing to the writings of the prophets who came before him. Paul also knew the Spirit was inspiring him and his fellow apostles (Eph. 3:5). The Scriptures are a gift from the Spirit to us: “For whatever was written in former days was written for our instruction,” Paul says, “that through endurance and through the encouragement of the Scriptures we might have hope” (Rom. 15:4).

To keep in step with the Spirit we must know and obey the Book He inspired. We must explore the Bible and learn what God thinks. We must renew our minds with *His thoughts*.

Take, for instance, the five main ways pornography warps the mind. Exploring the Bible, we can "reverse engineer" the bad training pornography has given us and replace it with God's thoughts.

1. Porn promises gratification but only decreases our sexual satisfaction. But **God is the creator of sexual satisfaction** and has designed marriage for its enjoyment (Song. 4:9-16). For single men and women, it means pursuing wholesome, intentional relationships with each other (1 Thess. 4:4). For the present time it also means surrendering to God's providence and timing (Ps. 37:5), believing that dying a virgin is not a tragedy, but is infinitely superior to pornographic indulgence (1 Cor. 7). After all, the Son of God did. For married men and women, this means renewing our minds towards our spouses, choosing to make them our standard of attractiveness. It means returning again and again to the enjoyment of sex in marriage (Prov. 5:18-19; Song. 7:11-13).

2. Porn disconnects us from real relationships, training us to believe that the best sex is solo-sex. But **God has defined good sex as an expression of "oneness,"** not emotional detachment (Gen. 2:24). For married and single people alike, this means seeing one's body not as his or her own, but as something to give as a gift to another (1 Cor. 6:19-20; 7:4).

3. Porn lowers our view of women, training us to see each other as sexual commodities. But **God created women in His image,** and as such, women are worthy of great honor (Gen. 1:27; 1 Pet. 3:7). For the man, this means not letting his eyes lead his heart astray, but instead making a covenant with his eyes to never look upon a girl with lust (Job 31:1,7). For the woman, this means refusing to see her own worth through the lens of porn standards, knowing she is fearfully and wonderfully made (Psalm 139:14) and her inner beauty is unfading (1 Peter 3:3-4).

4. Porn desensitizes us to and eroticizes cruelty. But **God has designed sex as an expression of affection,** not aggression (Deut. 22:25; Eph. 5:28-30). God has promised to maintain the cause of the afflicted and destitute (Psalm 82:3; 140:12), and that includes those whose brokenness has led them to a life of prostituting themselves for the camera. God redeems prostitutes like Rahab and brings them into the fold of His people (Josh. 6:25). He forgives their sins and defends their honor (Luke 7:36-50). As the church, we should do the same.

5. Porn hooks us deeply, leading to possible addiction and sexual bondage. But **God redeems our warped sex drive** so that sex is a holy act of love and giving, not selfishness and slavery (1 Cor. 13:4-7; Gal. 5:22-23). Sex becomes our master when we believe the lie that porn tries to sell us: that sex is a "need." If sex is a need, then we feel justified when we get mad at the world or at God for not giving us the sex or the kind of sex we so rightly deserve. But if sex is not a need, but rather a good desire, then we can set it alongside other good desires and go to the Word to understand its place.

For married men and women, this means surrendering our sexual desires to the Lord in a spirit of giving, not taking, and regularly returning to our spouse to be intoxicated with love (Song. 1:4; Prov. 5:18-20). For single men and women, this means surrendering our sexual desires to the Lord, practicing self control, and using one's undivided interests to serve the Lord (1 Cor. 7:32-35).

Each of these ideas is only the beginning, but the more the mind engages with the Bible around these truths, the more our thoughts are renovated. Over time our minds will be rewired to see things the way God does. As we do this we are "sowing to the Spirit" and in time will reap a harvest of eternal life (Gal. 6:8).

Put Into Practice

Accountability and the Word

One of the best ways to regularly expose our minds to God's Word is through Christian community. Accountability relationships can become great vehicles for learning and understanding the Word of God.

How can we do this practically? With our accountability partners or group, decide on a book of the Bible or a Biblical topic to explore together. Find detailed and readable commentaries about that book or topic. Throughout the week, write down interesting points we are learning and how we feel convicted to live differently as a result. When we come together, talk about what was learned.

In the Discussion Guide in the back of this book, statement #21 says, "The Bible is consistently shaping the way I think and live. I spend regular time reading or hearing God's words, and as a result of that time, I have determined to better trust and obey God in specific ways." Every time you meet, assess how much or little this statement describes you and share your thoughts with your partners.

3. Walk in Pure Pleasure

Paul specifically states that what trumps sinful longings are *holy* longings: "the desires of the Spirit are against the flesh" (Gal. 5:17). Paul says if we keep in step with the Spirit's *desires*, we will not gratify the desires of the flesh.

The human spirit was never meant to be devoid of desire. If, in the battle against pornography, we only spend time trying to empty ourselves of the desire for it, we will inevitably fail or make ourselves miserable. Some desire will always try to fill the void.

It is noteworthy that the language Paul uses to talk about the Spirit's "desires" is the same word used throughout the New Testament for "lust." The Spirit "lusts," craves, longs—and He shares those longings with us. This is what the old Scottish minister Thomas Chalmers called "the expulsive power of a new affection." Laws, rules, and regulations can only tell us *what* is bad and *why* it is bad, but they do not change our *desires* for sinful things. These sinful longings can only be conquered by implanting new "affections"—new cravings—that counter our sinful cravings. This is what the Spirit does in us: He shares His own desires with us, changing us from the inside out.

Time and time again the Bible describes a holy longing to know and be with Jesus the Messiah (Matt. 13:16-17; Luke 17:22-24; Phil.1:21-24), an eager desire to understand His sufferings and His glory (1 Pet. 1:10-12). The Holy Spirit inspires us to worship Christ above all else, helping us to leave the idol of sex and the altar of porn behind.

The Holy Spirit longs for all things that God calls good. And lest we think this means we must constantly walk around in a holy fog and avoid physical pleasures, God calls us to embrace whatever is true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy—wholesome pleasures become a means to practicing God's presence (Phil. 4:8).

The world is full of holy pleasures for God's people, and they can become windows of worship when they are infused with gratitude. "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving" (1 Tim. 4:4).

Paul writes to Titus, "To the pure, all things are pure" (Titus 1:15). In his book, *Pure Pleasure*, Gary Thomas explains this text:

> In context, Paul is arguing against hyper-religionists trying to saddle Christians with arbitrary rules and prohibitions. These teachers wanted to enslave believers to the old belief that if a defiled person touches something (food, drink, or even another person), this something becomes defiled. Paul cleverly turns this around, saying if someone is pure, then whatever they touch becomes pure!
>
> I'm arguing that we need to look at pleasure and the good gifts of this earth through the eyes of redemption. When our hearts are cleansed and transformed by God, the very things that used to cause us to stumble can now become friends of faith. Not *all* things, of course; anything specifically against the will and commands of God, regardless of what kind of pleasure it seems to offer, will always destroy our souls. But the good things of this earth, created by God to be received with thanksgiving and praise—things such as friendship, good food and fine drinks, laughter, sex, and family life—can be redeemed to season our life and faith in many positive ways. God can even give us the power to take what we formerly misused and transform it into an instrument of praise.[30]

Neurologically speaking, porn has carved a pathway of pleasure in the mind, but we can avoid that rut if we begin to carve our new holy pathways in the brain. In time, as pleasure-creating dopamine is released again and again through these pure channels, new habits are created and old habits begin to lose their luster.

Over time we no longer look to porn as our release valve to entertain our idols, but rather we use healthy pleasures as means of delighting in God as the giver of every good and perfect gift.

Put Into Practice

Accountability and Holy Desires

A great way to transform our desires is to talk with our accountability partners or groups about our indulgence of unholy or holy pleasures.

> Practically speaking, use Covenant Eyes reports (if you use Covenant Eyes) as a starting place. Our partners should look over these reports to see if we've been indulging in pornography online or if we have been venturing into "gray areas." If you are not currently using Covenant Eyes, get started now.
>
> In addition to this, we can talk to our partners about whether we are experiencing wholesome pleasures and expressing sincere gratitude to God. A number of statements in the Discussion Guide in the back of this book address this (#8, #9, #10, #13, #14, #16, #18, #20, #22, #23). The goal of talking to our partners about these issues is to express whether our hearts are truly satisfied in God and the good gifts He has given to us.

4. Walk in Your True Identity

In the original language, "walk in the Spirit" carries the sense of, "walk *as you have been walking* in the Spirit." How had the Galatians been walking in the Spirit already?

Earlier in the letter Paul writes about what the Spirit of Christ had been doing in the hearts of his readers:

> But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons. And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave, but a son, and if a son, then an heir through God. (Gal. 4:4-7)

In other words, keeping in step with the Spirit means being able to pray—from our deepest heart—as *adopted sons and daughters*, not as spiritual orphans. Orphans obey in order to make themselves attractive prospects for adoption. Adopted children already know and believe they are loved. Adopted children obey because they are secure in the love they have from their parents, and that love has birthed in them a deep love of their own.

At first, relating to God as a dearly loved son or daughter may sound overly simplistic. When fighting the deteriorating effects of sin in our hearts we cry out for action steps, for methods that summon our willpower—not sentiments about love. But this is the very thing the gospel of Christ warns against.

Paul taught that religious regulations do not work. "If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—'Do not handle, Do not taste, Do not touch'" (Col. 2:20-21). Try-harder ethics are useless: "they are of no value in stopping the indulgence of the flesh" (2:23). Better Internet filters and personal regulations might stop you from looking at porn for a time, but they will not transform a heart of lust.

Instead, Paul says real change is first about *knowing who we already are*. "You have died, and your life is hidden with Christ in God" (3:3). "You have been raised with Christ" (3:1). "You have put off the old self with its practices and have put on the new self" (3:9-10). Only those who first know this about themselves have the power to slay sinful sexual desires and habits (3:5).

How has this new identity come about? After all, for those entrenched in porn, many don't *feel* like they are new people. Paul tells us about this new identity in his letter to the Romans.

First, says Paul, we must understand what the death and resurrection of Christ accomplished. Christ not only died *for* sin; He also died *to* sin. Dying *for* sin means Christ took upon Himself the punishment that was due us (Rom. 5:6-9), which means we are free from the wrath of God because Jesus has absorbed that wrath on the cross. Dying *to* sin means Christ no longer lives in this sinful realm but instead enjoys resurrection life in the presence of God (6:10). Living on earth, He was subject to the pains of a world filled with sin, He was subject to temptations and trials, and in the end He endured the wages of sin itself on the cross. But as the resurrected Son of God, He no longer lives in sin's domain.

Second, we must understand that we are *united* to the One who is dead to sin (6:8). The Spirit of the risen Christ is in us. We no longer belong to this age, but to the kingdom of God.

Paul likens this to a change of masters. We used to belong to Sin. Sin was our master. But when the Spirit of Christ comes to us, He redeems us for Himself. Now we belong to our new master—a better master—who loves us with an undying love. Sin may still have a loud voice in your life. He still may be shouting at you from across the street, still barking orders at you. But you no longer belong to him.

Knowing these truths, Paul's first and primary application in the whole letter is this: "So you also must consider yourselves dead to sin and alive to God in Christ Jesus" (6:11). Paul does not say we are *dying* to sin (a process). He does not say we *should die* to sin (a command). He said that because we are intimately united with the risen Christ, because His resurrected life flows in our veins, we should consider ourselves *already dead* to sin.

The word translated "consider" is an accounting term: it means to add something up, to take stock of something. When a child adds up how much money is in her piggy bank, at the end of the counting she doesn't have any more or less in the bank than when she began. The only thing that has changed is her *knowledge* about the value of what is there. This is what Paul means. You already believe these basic gospel truths—Christ died to sin's power, He rose from the dead, and the Spirit of the risen Christ lives within you—so now *reckon* it to be true; *reconsider* it; *meditate* on it; get the idea of your new identity deep into your soul.

As much as porn feels alive to you, if you are in Christ, you are dead to porn. The Spirit of the living God is in you.

As far as God is concerned, you are already His. God's love for you cannot be overstated. The God and Father of our Lord Jesus loves you with an endless love, and you have done nothing to merit it or deserve it. He loves you despite all your unlovability, despite your lingering sinful desires. Though in your sin you are undeserving and undesirable, He loves you when your mind disavows it, your heart dodges it, and your soul dismisses it. He loves you right now as you are, not as you think you should be.

This, the New Testament says, is the key to unlocking God's power for change. It is not God's *wrath* that affects deep repentance in us, but rather, God's *kindness* (Rom. 2:4). Being filled with all of God's fullness happens not by knowing God's power but by comprehending the breadth and length and height and depth of His love—a love that "surpasses knowledge" (Eph. 3:19).

There is an unfathomable difference between relating to God as an orphan and relating to God as a son, and this is the first critical step of walking in the Spirit. God is not holding back His love until we get our act together. He wants us to relate to Him as one dearly loved—so much so that Christ's Spirit whispers His prayer in our hearts, "Abba, Father." He loves His true children now in the midst of their unworthiness, and in time His love transforms our desires.

Put Into Practice

Accountability and Our Identity

Living in the light of our new identity might sound abstract, but one of the best ways to start is to make it a main topic of your accountability discussions.

The ultimate goal of Christian accountability is not merely calling one another out on our sins as much as it is calling one another up to our true identity in Christ.

Pay close attention to statement #17 from the Covenant Eyes Discussion Guide in the back of this book which states, "I am resting completely in what Christ has done for me—not obsessing about my own failures nor putting stock in my own performance." On a regular basis, we should discuss with our accountability partners or group how much or little this describes us.

As we talk to our accountability partners, if we feel defeated by sin, we should remind one another to reckon ourselves dead to sin—because we are. If we feel stable or if we feel we are making progress in holiness, we should celebrate this but always remind one another that our true identity is not found in our performance, but in what Christ has accomplished for us.

5. Walk in Hope

In the same letter to the Galatians, Paul writes, "For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness" (Gal. 5:5). Keeping in step with the Spirit and having hope are intimately connected: the Spirit kindles in us a fresh hope for the things God has promised.

Paul declared a gospel of hope—of anticipation and expectation—which he calls the "hope of righteousness" (Gal. 5:5). Our great hope is that one day Christ will judge the world and make all things right again (Acts 17:31). He will destroy sin and death forever. He will recreate the world anew, and we will be just like Him (1 Cor. 15:51-55).

God also promises that we will see foretastes of this "hope of righteousness" in the present age. Paul writes that as citizens of the kingdom of God, our lives should be filled with "righteousness and peace and joy in the Holy Spirit" (Rom. 14:17).

Though we are no longer under sin's tyrannical power, sin is still present in our lives: our body "is dead because of sin" (Rom. 8:10). Porn, for many, will always carry some appeal. But we are promised God's Spirit will "give life to your mortal body through His Spirit who dwells in you" (8:11), and by His grace, we can present the members of our bodies to God "as instruments of righteousness" (6:13).

This is our astounding hope: that fallen, porn-loving sinners like us will become like the holy Son of God.

For Paul, faith in this gospel hope does not merely mean we agree that these grand promises are real but that we *give ourselves wholly* to them: we center our lives on them. Far from being a passive thing, faith is *active*. It engages the mind and the heart. As the author of Hebrews says, faith is the *assurance* and *essence* of things hoped for (Heb. 11:1): it is the delightful conviction that the things we hope for are real.

Walking in the Spirit means we *stir up* this hope in us, or as Paul says, we "eagerly wait" for it (Gal. 5:5). We all suffer from the distractions of the world and sin. It is for this reason the apostle Peter similarly urges us: "set your hope *fully* on the grace that will be brought to you at the revelation of Jesus Christ" (1 Pet. 1:13, italics added).

Practically speaking, this means just as we have fed our minds on pornography, we should now feed our minds on God's hope-filled promises. Just as we have spent hours engrossed in sexual media, we should spend hours filling our imaginations with God's vision for our lives and our eternity. We must, as Paul says, set our minds on the things of the Spirit (Rom. 8:5), on the glories of our inheritance as God's children (8:17).

When it comes to saying no to lust and pornography, there are tailor-made promises in the Scriptures that hold out to us blessings of having a sexually pure mind and body.

- If you are sexually pure, you will be living in the will of God for your life (1 Thessalonians 4:3).

- If you fill your mind with that which is honorable, just, pure, lovely, commendable, excellent, and praiseworthy, then God's peaceful presence will be with you (Philippians 4:8-9).

- If you are not enslaved to your lusts, you will be free to serve others in love (Galatians 5:13).

- If you are sexually pure, your life will be fruitful, and that fruit will be full of goodness and truth (Ephesians 5:8-9).

- If you are sexually pure, your mind will no longer be foggy, your heart will be teachable, and you will be filled with the very life of God (Ephesians 4:17-19).

- If you are sexually pure, your heart will not be enslaved to the worship of sex, which means you can wholeheartedly devote yourself to the true and living God (1 Kings 11:4).

- If you are sexually pure, you will be more prepared to be a great lover and to enjoy sexual intimacy with your spouse or future spouse (Proverbs 5:18-19).

- If you are sexually pure, you will keep your marriage bed undefiled (Hebrews 13:4).

- If you are sexually pure, you will no longer waste time but instead make the most of it (Ephesians 5:16).

- If you are sexually pure, you will be an honorable person (1 Thessalonians 4:4).

- If you are a sexually pure person, you will not be enslaved to your passions (1 Corinthians 6:12).

This is God's vision for your life: aligned with His will; surrounded by His peaceful presence; mastering your desires, not being a slave to them; full of goodness; full of life; full of honor; full of worship; tender-hearted and clear-minded; making the

most of your days. When pornography assaults your senses or when those lustful flashbacks fill your mind, let this vision, and the promises attached to them, be the fuel you use to reject the world's temptations.

This "hope of righteousness" is not just for this life. This hope is ultimately about what we will become. The apostle John reminds us that though we are God's adopted children right now, "what we will be has not yet appeared." We know when we see Christ face to face at his return, we will be totally transformed, becoming just like him (1 John 3:2). John follows this glorious promise with a practical application for the here and now: "Everyone who thus hopes in him *purifies himself* as he is pure" (1 John 3:3, italics added). Knowing we are destined for an eternity of breathtaking purity and holiness, we purify ourselves *now* because we want to have a taste of that future purity. When temptations come knocking, we say to ourselves and to the temptation, "No! This is not who I am. I am destined to be like Christ, the Son of God, and nothing can be more satisfying than that."

As intense as pornography is, it cannot compare to the life-sustaining hope we have in Christ. Far from shutting down our desires, actively hoping in God's promises fully engages our desires in ways we have never dreamed. In his famous Oxford sermon, *The Weight of Glory*, C.S. Lewis reminds us,

> Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased…
>
> Do you think I am trying to weave a spell? Perhaps I am; but remember your fairy tales. Spells are used for breaking enchantments as well as for inducing them. And you and I have need of the strongest spell that can be found to wake us from the evil enchantment of worldliness.[31]

Walking in hope is a mentality shift. Instead of walking around with the belief that sin is inevitable and thereby unconquerable, we live with the expectation that sin is defeated and holiness is inevitable.

Keeping in Step with the Spirit

Walking in the Spirit is a lifetime journey, but as we keep in step with Him, we are promised that the desires of the flesh will not overwhelm us. We can finally be free.

Such a vision of the Christian life might seem too high up and too far away for us, especially if we've lived for a long time in the shame of our darkest sexual obsessions. Daring to believe that God is as good as He says He is takes faith in the face of our deepest struggles.

Benedictine monk Sebastian Moore says whenever our faith begins to buckle and we doubt the ugliness of our sin or the vastness of God's love, we need only to meditate on the cross. In our relentlessly self-absorbed lives, at times we gloss over our sin, we rationalize it, we minimize it. Other times we feel the crushing weight of it and believe nothing is strong enough to change us. But at the cross we see the stripes the Son of God bore for us—convincing us that our sin is serious. There we see the compassionate face of One willing to die for His enemies—convincing us that our sin is never too great for God's grace.

And while standing at the foot of the cross, when all the evil in our shabby hearts tries to hold its own against God, He answers with the thunder of resurrection.

Put Into Practice

Accountability and Our Hope

One of the best ways to stir up this kind of hope is through our accountability relationships.

If your partners notice pornography or other sexually explicit images on your Covenant Eyes reports, they can help you by walking through the memory of the temptation and helping you develop a strategy that fills us with hope for the future:

- "Right before you started looking at this material, what was going through your mind?"
- "What was the trigger for you to start entertaining this temptation? Was it something you saw or did, or was there some mood or disposition of your heart that was prevalent?"
- "The next time you experience that trigger, what Bible promises can you repeat to yourself that remind you of God's blessings to those who are pure?"
- "As you go about your day, what are some Bible promises you can say to yourself that give you the hope that sin can be defeated?"



Need help finding a good Accountability Partner who will help you with this? Watch our "Choosing an Accountability Partner" video at cvnteyes.co/pick-partner

Christian Accountability:
A Discussion Guide



Appendix

Discussion Guide

The following is a personal assessment designed to help you develop a life of godly humility, purity, and integrity. To the best of your ability, fill out this assessment before speaking with your Accountability Partner or Accountability Group, and then use this as a template for conversation.

The aims of this list are to help you:

1: Remember and summarize the temptations you have faced, the choices you have made, and the state of your heart;

2: Discuss these matters with trusted Accountability Partners;

3: Talk concretely with others about ways to guard against sinful actions, thoughts, and motives; and

4: See your need for God's grace—for overcoming both the guilt and the grip of sin.

It may be difficult to get through all of these questions in a single meeting, so choose those which are most pertinent for you.[1]

Fill out the following questionnaire before meeting with your Accountability Partner or Accountability Group. Use it to spark discussion and encouraging conversation.

I. Several sources were consulted to compile and adapt this list of questions, including John Wesley's Band Meeting questions, Bethlehem Baptist Church's pastoral accountability questionnaire, the Life Transformation Group system by Neil Cole, *A Spiritual Formation Workbook* by James Bryan Smity and Lynda Graybeal, Grace Brethren International Missions, Mark Driscoll's sermon "A City in a City," "Talking About Idolatry in a Postmodern Age" by Tim Keller, "Idols of the Heart and 'Vanity Fair'" by David Powlison, and *Gospel-Centered Discipleship* by Jonathan Dodson.

Sexual Purity

1 = Help! (Circle a Number) 9 = Stable

1. I have avoided looking at pornography or other sexually provocative images online or offline.



2. I have avoided images, interactions, or stories online I knew could be seductive or titillating (but wouldn't necessarily be considered "pornographic").



3. I have kept my eyes from second glances and kept my mind from entertaining thoughts about someone (other than my spouse).



4. I have actively avoided known triggers of sexual temptation or titillation.



5. I am successfully fighting the desire to be noticed by or to attract the attention of other men or women (other than my spouse).



6. I have not spent time with a man or woman in a way that could be viewed as compromising to my purity (or my faithfulness to my spouse).



Stewarding My Time, Talents, and Treasures

7. I am intentional about showing love to others by the way I serve them with my gifts/talents.



8. I have been intentional about spending appropriate time with my family/household.



9. My family/household is enjoying joy and harmony.



10. My time with technology or media has not displaced time with God, family, friends, work, or my neighbors.



11. I have spoken to and about others with edifying words, not with words that damaged them or their reputation.



12. I pray about my financial expenditures, and I am intentionally generous with others. People can tell from my financial expenditures that God is my greatest treasure.



13. I am intentional about the use of my spare time to pursue wholesome activities.



14. I am intentional about my diet, exercise, and sleep habits.



15. I am not creating the impression that I am better than I am. I do not exaggerate or make much of myself.



16. I am feeling energized for the week ahead.



Satisfaction in God

17. I am resting completely in what Christ has done for me—not obsessing about my own failures nor putting stock in my own performance.



18. Regularly focusing on the gospel gives me great joy that overcomes life's disappointments.



19. When I hear disappointing news, I do not complain or live in doubt or fear, but instead I am inspired to pray and trust in God's care and providence.



20. I am enjoying prayer, and I am praying for others and myself with consistency.



21. The Bible is consistently shaping the way I think and live. I spend regular time reading or hearing God's words, and as a result of that time, I have determined to better trust and obey God in specific ways.



Dispositions of the Heart

22. Though Christ is the one I want to put at the center of my life, there are specific people, experiences, or objects that I am tempted to make a chief source of my significance, satisfaction, and fulfillment.[II] (Check all that apply.)

- ○ Sexual Pleasure
- ○ Financial Security
- ○ Spouse
- ○ Future Spouse
- ○ Girlfriend/Boyfriend
- ○ Parent
- ○ Hobby
- ○ Career
- ○ My Image
- ○ Friend
- ○ Health
- ○ Comfort
- ○ Opinions of Others

23. I am currently fighting these dispositions in my heart. (Check all that apply.)

- ○ Pride
- ○ Resentment
- ○ Self-pity
- ○ Unforgiveness
- ○ Bitterness
- ○ Covetousness
- ○ Critical Spirit
- ○ Deceptiveness
- ○ Discontentment
- ○ Doubt
- ○ Grumbling
- ○ Ingratitude
- ○ Worry
- ○ Irritability
- ○ Jealousy
- ○ Preoccupation with the Opinions of Others

II. Often this can seem like a difficult assessment to make, so ask yourself some critical questions. What am I most afraid of losing? What do I long for most passionately? What gets me up in the morning? What do I run to for comfort? What do I complain about most? What angers me the most? What has caused me to get angry with God? What makes me happiest? What do I want to have more than anything else? What do I make the biggest sacrifices for? Whose approval am I seeking?

Open-Ended Questions

What am I doing about these dispositions of the heart? (mentioned on the previous page)

What on my report should draw my Partner's attention?

What do I hope none of my Accountability Partners ask me about?

When it comes to my habitual sins, is there a time of day, a place, a person, or a mood that tends to open the door to more tempting situations?

What good habit do I believe God wants to form in my life? Have I taken specific steps to develop that habit?

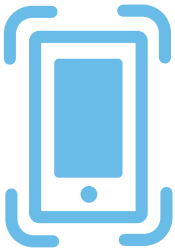
What am I praying for? Have I received any specific answers to my prayers?

How can my Accountability Partner(s) pray for me?

It's All About the Conversation

Screen Accountability™ analyzes screenshots with artificial intelligence to determine whether they contain explicit material. Then, it blurs the image to hide private information and graphic imagery. This blurred image is the only thing your ally will ever see. Your ally doesn't see all of the images—only a handful that we select to be representative of how you used the device during that period.

How Covenant Eyes Screen Accountability™ Works



Screens Monitored

Our software frequently captures screenshots of what is displayed on your device, shrinks them, and blurs them.

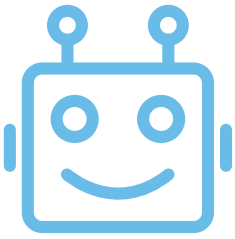


Image Analysis

Artificial Intelligence analyzes those blurred screenshots for explicit imagery.



Report Created

Any concerning screenshots are compiled together along with a sample of non-explicit screenshots to provide context.



Report Sent

The report is sent to a trusted friend of your choice, at a frequency you decide.

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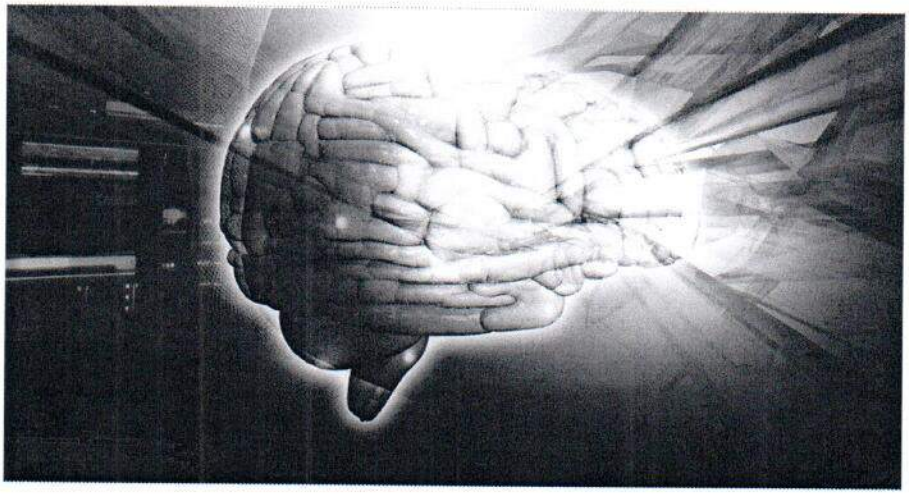
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Annex

Examples of the use of “your brain on porn” by third parties.

ANNEX 9

Coyote Gear
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Your brain on porn: It's NOT addictive

September 16, 2014 By Dr. David Ley — 162 Comments

This article is also available in Portuguese.

There has been a tremendous amount of hyperbole about porn use, with many authors and doomsayers claiming that viewing porn triggers dangerous neurochemical changes in the brain. But groundbreaking new research says that it just ain't so, and that people who are problem users of porn are actually people with high libidos, NOT people whose brains have been warped sex and porn.

Popular antiporn advocates such as YourBrainonPorn and the group called Fight The New Drug argue that porn use is a public health issue, not a free speech issue. These advocates often assert that if people and society only knew the damage that porn use was causing to our brains, that we would regulate it, in ourselves, and in the access that is allowed.

Over recent years, these fear-based arguments often invoke brain-related lingo, and throw around terms like dopamine bursts and desensitization, to describe what allegedly happens in the brains of people who watch too much porn. Brain science is hot these days, and it's attention-getting to use brain and neuroscience lingo in arguments because it sounds so gosh-darned convincing and scientific. The problem is, there has been extremely little research that actually looks at the brains and behaviors of people using porn, and no good, experimental research that has looked at the brains of those who are allegedly addicted to

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porn. So, all of these arguments are theoretical, and based on rhetoric, inferences and applying other research findings to try to explain sexual behaviors.

Fascinating, rigorous new research has now been done, which actually examined the brains of alleged sex addicts, and guess what? The results are a bit different from the rhetoric. In fact, the results don't support that sex addiction is real, or reflects any unique brain-related issues at all.

In research invited for submission to the journal *Socioaffective Neuroscience of Psychology*, authors Steele, Staley, Fong and Prause used EEG testing to examine the effects of visual erotica on the brains of people who felt they had problems controlling their porn use. Fifty-two sex addicts, including men and women, had their brain's electrical activity examined while they looked at erotic imagery. Sex addiction theory predicts that these individuals would show brain patterns consistent with that of cocaine addicts, who demonstrate specific electrical changes in the brain's activity, in response to drug-related cues. Sex addiction proponents, from Rob Weiss to Patrick Carnes, have long argued that sex and porn are "like cocaine" in the brain.

But, when EEGs were administered to these individuals, as they viewed erotic stimuli, results were surprising, and not at all consistent with sex addiction theory. If viewing pornography actually was habituating (or desensitizing), like drugs are, then viewing pornography would have a diminished electrical response in the brain. In fact, in these results, there was no such response. Instead, the participants' overall demonstrated increased electrical brain responses to the erotic imagery they were shown were just like the brains of "normal people" as has been shown in hundreds of studies.

Ah, but the sex addiction proponents might argue that this is because these porn addicts have a stronger response to sexual stimuli, and that is why they are addicts. This is one reason that porn and sex addiction theories are so tough to argue – they are unfalsifiable, by presenting opposing things as part of their theory, and having very fluid arguments, that explain when data or results don't match their theories.

This is where the authors of this study were very clever. The researchers included measures of sexual desire or libido and multiple measures of sex addiction in the questionnaires they administered to the participants. The EEG results of this study were predicted by the measures of libido, and there was NO relationship between measures of sex addiction to the neural measures. In other words, the EEG findings of increased response to erotic stimuli were consistent with the responses of people who have higher levels of sexual desire. The alleged sex addicts of this study have brains that look like those of other people, who have high libidos, but don't identify as sex addicts.

Another part of this sophisticated analysis is that the researchers looked at the different tests that measured aspects of sex addiction/hypersexuality, and at the tests that measured libido. They then conducted statistical analyses to identify if any of these test results varied consistently with the difference in brain responses. Again, the tests of sexual addiction had no connection with the neural findings. But a significant portion of the change in neural responses was explainable by the participants' level of sexual desire – when a participant reported higher levels of libido, they also demonstrated lesser neural responses to the sexual stimuli they were shown. This was a somewhat surprising finding, suggesting that people with high libido may find pornography less novel, and thus have less neural response

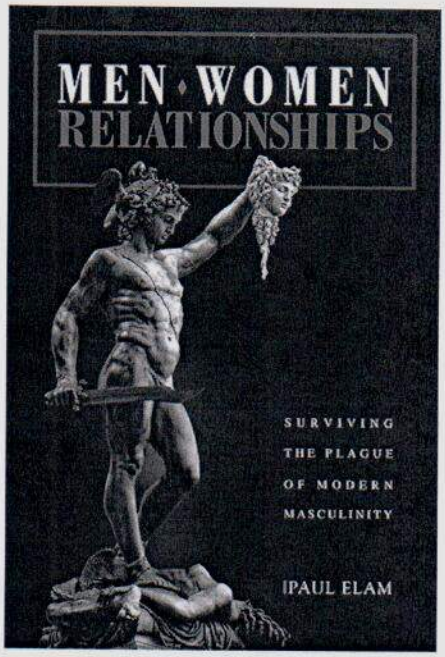
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– this is consistent with some other studies, which have shown that those with high levels of sexual desire have less response to visual erotica. But this is not unique to sex addicts, and was predicted by levels of sexual desire, NOT symptoms of sex addiction. Higher rates of sexual addiction symptoms, no matter which of three scales of sex addiction were used, had NO relationship to the neural response to the erotic pictures they were shown.

Porn addiction advocates will surely cry "Aha! See, there it is, porn addicts have a LOWER response, and that's why they are addicts, they've been desensitized." But remember, it was the measure of libido that predicted decreased neural response, not measures of sex problems or even porn use. Even amongst the study group of problem porn users, there were varying levels of libido. And, just like other people who don't have problems controlling their porn use, it is the higher levels of sexual desire that predict this decreased effect. Lots of people with high libido have this same effect, but report no problems controlling porn use.

One can argue that this is merely one study, and only one measure of the brain's activity. Porn addiction proponents will undoubtedly argue that other types of brain studies such as MRIs, MEGs, SPECT scans, or other brain scans will show the effects they believe are there. I'm sure others will argue that looking at an erotic still-picture is somehow different from looking at "high-speed Internet porn." The interesting thing in these arguments is that they are arguing against the validity of science, by asserting that their theories are somehow more true and reliable than is actual scientific research or data. In other words, will they only believe data when it confirms their theories? If so, I'm sorry, that's called confirmation bias, not science.

This study has been criticized recently, but overwhelmingly, these criticisms are unfounded:

- There was no "control group" – in fact, this study used a "within-subjects" design, where the subjects themselves were their own control group. This is a methodologically rigorous, well-accepted design;
- Results of analyses that were not significant were not described in the publication – this is a common scientific practice, and the authors are usually willing to share the results of these analyses, at request;
- This study used very good scientific method, in creating a study to test the "theory" that porn use works "like" a drug addiction. This is how good science works, by testing theories;
- Because there is no accepted definition or criteria for sex/porn addiction, the study used multiple commonly used assessments strategies for sex addiction;
- The use of EEG technology is an accepted method, extensively used in addictions research, and allowed a valid, useful comparison of these results to the existing research on drug and alcohol addictions. The P300 results cited in the study are internally, and externally consistent with their own findings, and with prior literature, and are supportive of the interpretation that the subjects showed a neural response based on libido and sexual arousal, NOT demonstrating changes to the brain that are indicative of an addictive response.

The increasing weight of scientific investigation, as opposed to speculation and theorizing, is indicating that sex addiction is not a distinct construct, but reflects the behaviors of individuals with higher levels of sexual desire and libido, especially as those behaviors lead people into conflict with social values around sex. Like any other human characteristic, sexual desire occurs along a spectrum, with wide ranges of individual variation. The problems and complaints reported by self-identified porn and sex addicts have to do with



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the context within which these individuals are expressing or pursuing their high libido, NOT with a unique disease.

The proponents of porn and sex addiction may do well to begin to change their dialogue, from attacking porn and sex, to increasing the dialogue about how sexual desire and sexual expression can conflict with public/private social values and ideals. Rather than trumpeting the danger of porn, they may be more effective and evidence-based to argue for education about the varying levels of sexual desire and the need for both society and the individual to be responsible for and responsive to those differences.

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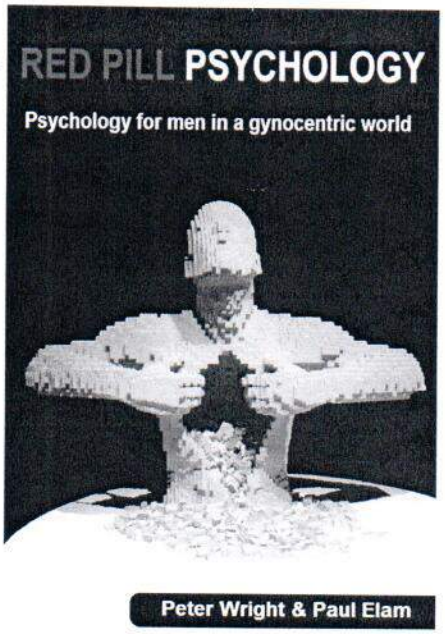
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golum red • 7 months ago

This article is based on another article that has no data set reported. The interpretation is fraudulent and misdirecting. The research data has not been released yet used (despite take down request from the actual researchers). Why are there so much harshly defended lies on this subject when masturbation is absolutely debilitating to man.

https://www.yourbrainonporn...

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Timbeans • 3 years ago

this article is near baseless, science has a VERY poor understanding of consciousness, and therefore addiction

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Timbeans ➔ Timbeans • 3 years ago • edited

here is what this article should have interpreted the data as. -

"we now have empirical data on what addiction is. we are not entirely sure how to interpret it. but, because of these neurological and chemical conditions we are seeing, your own thought process is the biggest factor in this. just change your mind"

is basically what the article should have said, however, what the science is not able to perceive is the living element to our physical bodies, ie, me writing this right now. not my finger and muscle and nervous system punching these keys, but the 'me' behind the keys. there is a pleasure response and a level of escape from the mind and one's own life. it creates a loop of entropy and it just keeps cycling. until you can see that the loop is real and there are sometimes many elements that are attached to this loop, you can't even realize the 'issue' exists. As you are literally blind to seeing them occur.

addiction is not always just a physical process. and overcoming not just mental hurdles, but, even physical actions in life(decisions, choices, daily normal activities even from an outside observer) are sometimes necessary.

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golum red ➔ Timbeans • 7 months ago

The data got willfully misinterpreted despite take down request from the researchers then self that later published a full research article. Health sites have been spreading lies and are in fact promoting really destructive things.
A few examples.
low testosterone

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Annex

Examples of the use of “your brain on porn” by third parties.

ANNEX 10

R|TRIBE (https://www.rtribe.org/)

The Blog

Your Brain On Porn: Rebooting Basics



Ever ask yourself these questions?

"How come I can only make it 3 days without looking at porn?"

"How come the most I've ever gone is 3 weeks?"

"Every 2 months I seem to relapse."

Some of you have been saying the same thing to yourself for years. Or, maybe you know someone who you've seen stuck in a relapse rut. Well, stay tuned. I think you are going to get an answer to why you and your friends have been stuck in a cycle.

Most importantly, you'll learn a path to breaking the cycle: rebooting.

Rebooting (learning how to quit porn) is the process people go through who have been addicted to porn but don't have significant trauma in their background. (Gary Wilson of Your Brain On Porn spoke about this in last week's article).

The idea behind rebooting is to get your brain back to it's original condition. Like car enthusiasts who love taking an old classic and restoring it, rebooting is about restoring your brain to a place where you once again have self-control. There's something cool about a restored classic car. Imagine doing that for your brain.
Thanks again to the YBOP (https://www.yourbrainonporn.com) tribe for dropping their knowledge on recovery from porn addiction.

Rebooting (excerpt from Rebooting Basics: Start Here)

Submitted by Administrator on Sat, 12/04/2010

If an addiction-related brain changes or sexual conditioning are underlying your symptoms, you need to reverse the process by giving your brain a well deserved time-out. **Rebooting** is our term for recovering from porn addiction and associated symptoms, including erectile dysfunction. We call it' rebooting' so you can envision restoring your brain to its original factory settings. Obviously, you cannot go back in time to restore point, or erase all the data as you would when you wipe clean a computer's hard drive. However, you *can* heal many of the brain changes that lead to your porn addiction.

It's very confusing at first because the process is nonlinear, and each brain recovers differently. Some people have intermittent cravings and flat-line periods. Some have their worst cravings in the first two weeks. Some feel good for a short time and then go into a more challenging period. Some feel horribly anxious. Some feel *less* anxious overall, but also have sluggish libido for weeks. Others don't find out their libido was recovered until they get with a real partner after several months.

The quickest way to reboot is to give your brain a rest from *artificial* sexual stimulation—porn, porn fantasy, erotica, and *for some* – masturbation and orgasm. Many guys eliminate or drastically reduce orgasms during their reboot period (and most all of them with sexual performance problems have to do this). On the other hand, sensual contact with a real person can be beneficial, as long as you don't fantasize about porn. In fact, some guys engage in gentle intercourse, in which they avoid getting close to the edge or orgasming.

"To masturbate, or not to masturbate, that is the question"

If porn use is the cause of your symptoms, you may wonder why it helps to eliminate masturbation and orgasm during the *temporary* rebooting period. The short answer is – "That's how most guys have done it."

As stated, we have only two "rules': 1) Stop using artificial sexual stimuli, and 2) Do what works for you. Many guys have discovered it is helpful to eliminate or drastically reduce masturbation/orgasm during a reboot. Please educate yourself first with these threads on whether to masturbate or not (http://www.yourbrainrebalanced.com/index.php?topic=2416.0), the pros & cons of masturbating (https://www.reddit.com/r/NoFap/comments/1bqjqs/is_masturbation_without_pornography_still_bad_for/ a balanced approach/plan (https://yourbrainonporn.com/6-step-reboot-plan-helped-me-quit) and this thread by a nofapper (https://www.reddit.com/r/NoFap/comments/10xjfk/69_days_in_and_i_have_decided_to_quit_nofap/) who thinks no masturbation is too restrictive.

Thoughts on whether to drastically reduce or eliminate masturbation during a reboot:

1. If you have **porn-induced ED**, your brain is saying: "I can't do this anymore". Understand that your urge to masturbate is not true libido – you are addicted to porn, or your sexuality is conditioned to pixels. If you need porn to masturbate, or have a partially erect penis when you

do, you are not horny or in need of "release". You are addicted and seeking a fix: a temporary dopamine high.

2. The *majority* of men with **porn-induced ED** recover faster if they temporarily reduce masturbation and orgasm – at least for a while. When you have a medical condition you usually need to do more than just eliminate the cause – in this case porn use. You don't generally break a leg by putting weight on it. However, once it's broken you have to cast it, use crutches and eliminate walking while you heal. With porn-induced ED, you may need to give your brain time to heal, free of intense sexual stimulation.
3. Masturbation and porn use are tightly wired together. Like Pavlov's dog that salivated when it heard the bell, you will start drooling for porn when masturbating. Time is needed to weaken the neural connections intertwining wanking and watching.
4. Recovery may be easier without masturbation/orgasm. Remove masturbation/orgasm from the equation and most guys experience a sharp decline in sexual desire, we call the flat-line.
5. When you *also* eliminate orgasm/masturbation, not just porn, it seems to precipitate a more complete and deeper withdrawal, and thus healing.
6. Masturbation and orgasm strongly reactivate cravings to use porn. It has been surprising to witness that most men have an easier time eliminating masturbation *than they do porn*. For most guys with porn addiction, masturbation is simply not that interesting without porn, and they are amazed to discover that porn, not their libido, was driving their constant search for relief.

Read More... (https://yourbrainonporn.com/reboot_your_brain)

rTribe-it

After reading this some of you may be pumped about rebooting. Here's how you can appify the process.

1. If you have friends in rTribe (if you don't read this article (https://rtribe.org/alone-or-isolated-finding-friends-who-understand-the-journey/)) see if they will do a reboot challenge with you. You can decide what will be in the challenge by reading more at YBOP.
2. When it's time to check in on the app send a message to your friends on whether you have followed through on your reboot challenge. Make sure to include what difficulties you are experiencing in the process.

3. Whatever items you want to track for your reboot make sure to put them in your to-do's as repeating tasks. It will feel good to check those babies off each day! Remember it's all about progress, not perfection.

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Annex

Examples of the use of “your brain on porn” by third parties.

ANNEX 11

US

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David J. Ley Ph.D.
Women Who Stray

Your Brain on Porn: It's Not Addictive

What neurological research actually shows about the people who use porn.

Posted Jul 25, 2013

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This post is in response to New Brain Study Questions Existence of "Sexual Addiction" by Brian Mustanski

There has been a tremendous amount of hyperbole about porn use, with many doomsayers claiming that it triggers dangerous neurochemical changes in the brain. But groundbreaking new research says that it just ain't so, and that people who are problem users of porn are actually people with high libidos, not people whose brains have been warped sex and porn.

Popular antiporn advocates argue that porn use is a public health issue, not a free speech issue. These advocates often assert that if individuals and society only knew the damage that porn use was causing to our brains, we would regulate it.

These fear-based arguments often invoke brain-related lingo, and throw around terms like dopamine bursts and desensitization to describe what allegedly happens in the brains of people who watch too much porn. Brain science is hot these days, and it's attention-getting to use its lingo in arguments because it sounds so darned convincing and scientific. The problem is that there has been extremely little research that actually looks at the brains and behaviors of people using porn, and no good, experimental research that has looked at the brains of those allegedly addicted to porn. So all of these arguments are theoretical, and based on rhetoric, inference, and applying other research findings to try to explain sexual behaviors.

Fascinating, rigorous new research has now been done, which actually examined the brains of alleged sex addicts, and guess what? The results are a bit different than the rhetoric. In fact, the results don't support that sex addiction is real, or reflective of any unique brain-related issues at all.

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In research invited for submission to the journal *Socioaffective Neuroscience of Psychology*, authors Steele, Staley, Fong and Prause used EEG testing to

examine the effects of visual erotica on the brains of people who felt they had problems controlling their porn use. Fifty-two "sex addicts," both men and women, had their brain's electrical activity examined while they looked at erotic imagery. Sex addiction theory predicts that these individuals would show brain patterns consistent with that of cocaine addicts, who demonstrate specific electrical changes in the brain's activity in response to drug-related cues. Sex addiction proponents, from Rob Weiss to Carnes have long argued that sex and porn are "like cocaine" in the brain.

But when EEG's were administered to these individuals as they viewed erotic stimuli, the results were surprising, and not at all consistent with sex addiction theory. If viewing pornography actually was habituating (or desensitizing), as drugs are, then viewing pornography would lead to a diminished electrical response in the brain. In fact, in these results, there was no such response. Instead, the participants overall demonstrated increased electrical brain responses to the erotic imagery they were shown, just as shown in the brains of "normal people" in hundreds of studies.

Ah, but the sex addiction proponents might argue that this is because these porn addicts have a *stronger* response to sexual stimuli. This is one reason that porn and sex addiction theories are so tough to argue: They are unfalsifiable, since they present opposing things as part of their theory, and deploy very fluid arguments to explain when data or results don't match their theories.

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This is where the authors of this study were very clever. They included measures of sexual desire or libido and multiple measures of sex addiction in the questionnaires they administered to the participants. The EEG results of this study were in fact predicted by the measures of libido, and there was no relationship between measures of sex addiction and the neural measures. In other words, the EEG findings of increased response to erotic stimuli were consistent with the responses of people that have higher levels of sexual desire. The alleged sex addicts of this study have brains that look like those of other people with high libidos, who don't identify as sex addicts.

Another part of this sophisticated analysis is that the researchers looked at different tests that measured aspects of sex addiction/hypersexuality, and at tests that measured libido. They then conducted statistical analyses to identify if any of these test results varied consistently with the difference in brain responses. Again, the tests of sexual addiction had no connection with the neural findings. But a significant portion of the change in neural responses was explainable by the participants' level of sexual desire: When a participant reported higher levels of libido, they also demonstrated lesser neural responses to the sexual stimuli they were shown. This was a somewhat surprising finding, suggesting that people with high libido may find pornography less novel, and thus have less neural response. This is consistent with some other studies which have shown that those with high levels of sexual desire have less response to visual erotica. But this is not unique to sex addicts, and was predicted by levels of sexual *desire*, not symptoms of sex *addiction*. Higher rates of sexual addiction symptoms, no matter which of three scales of sex addiction were used, had no relationship to the neural response to the erotic pictures they were shown.

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Porn addiction advocates will surely cry "Aha! There it is: Porn addicts have a LOWER response, and that's why they are addicts; they've been desensitized." But remember, it was the measure of libido that predicted decreased neural response, not measures of sex problems or even porn use. Even among the study group of problem porn users, there were varying levels of libido. And, just like other people who don't have problems controlling their porn use, it is the higher levels of sexual desire that predict this decreased effect. Lots of people with high libido have this same effect, but report no problems controlling porn use.

One can argue that this is merely one study, and only one measure of the brain's activity. Porn addiction proponents will undoubtedly argue that other types of brain studies such as MRI's, MEG's, or SPECT scans will show the effects they believe are there. I'm sure others will argue that looking at an erotic still-picture is somehow different from looking at "high-speed Internet porn." The interesting thing is that these points argue against the validity of science, by asserting that their theories are somehow more true and reliable than actual scientific research or data. In other words, will they only believe data when it confirms their theories? That's confirmation bias, not science.

This study has been criticized, but overwhelmingly, these criticisms are unfounded:

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- *There was no "control group.'* In fact, this study used a "within-subjects" design, in which the subjects themselves were their own control group. This is a methodologically-rigorous, well-accepted design.
- R*esults of analyses which were not significant were not described in the publication.* This is a common scientific practice, and the authors are usually willing to share the results of these analyses, at request.

Furthermore:

- This study used very good scientific method, in creating a study to test the "theory" that porn use works "like" a drug addiction. This is how good science works, by testing theories.
- Because there is no accepted definition or criteria for sex/porn addiction, the study used multiple commonly-used assessments strategies for sex addiction.
- The use of EEG technology is an accepted method, extensively used in addiction research, and allowed a valid, useful comparison of these results to the existing research on drug and alcohol addictions. The P300 results cited in the study are internally and externally consistent with their own findings, and with prior literature, and are supportive of the interpretation that the subjects showed a neural response based on libido and sexual arousal, NOT demonstrating changes to the brain that are indicative of an addictive response.

The increasing weight of scientific investigation, as opposed to speculation and theorizing, is indicating that sex addiction is not a distinct construct, but reflects the behaviors of individuals with higher levels of sexual desire and libido, especially as those behaviors lead people into conflict with social values around sex. Like any other human characteristic, sexual desire occurs along a spectrum, with wide ranges of individual variation. The problems and complaints reported by self-identified porn and sex addicts have to do with the context within which these individuals express or pursue their high libido, not with a unique disease.

Proponents of porn and sex addiction may do well to begin to change their dialogue, from attacking porn and sex to increasing the dialogue about how sexual desire and sexual expression can conflict with public/private social values and ideals. Rather than trumpeting the danger of porn, it may be more effective, and more evidence-based, to argue for education about varying levels of sexual desire and about the need for both society and the individual to be responsible for and responsive to those differences.

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About the Author



David J. Ley, Ph.D., is a clinical psychologist and the author of *Insatiable Wives, Women Who Stray and The Men Who Love Them*.

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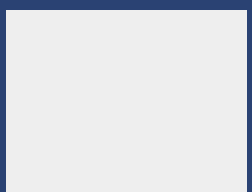
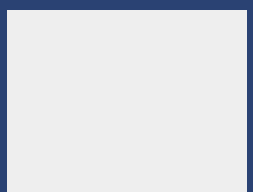
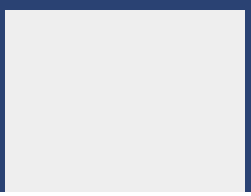
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Examples of the use of "your brain on porn" by third parties.

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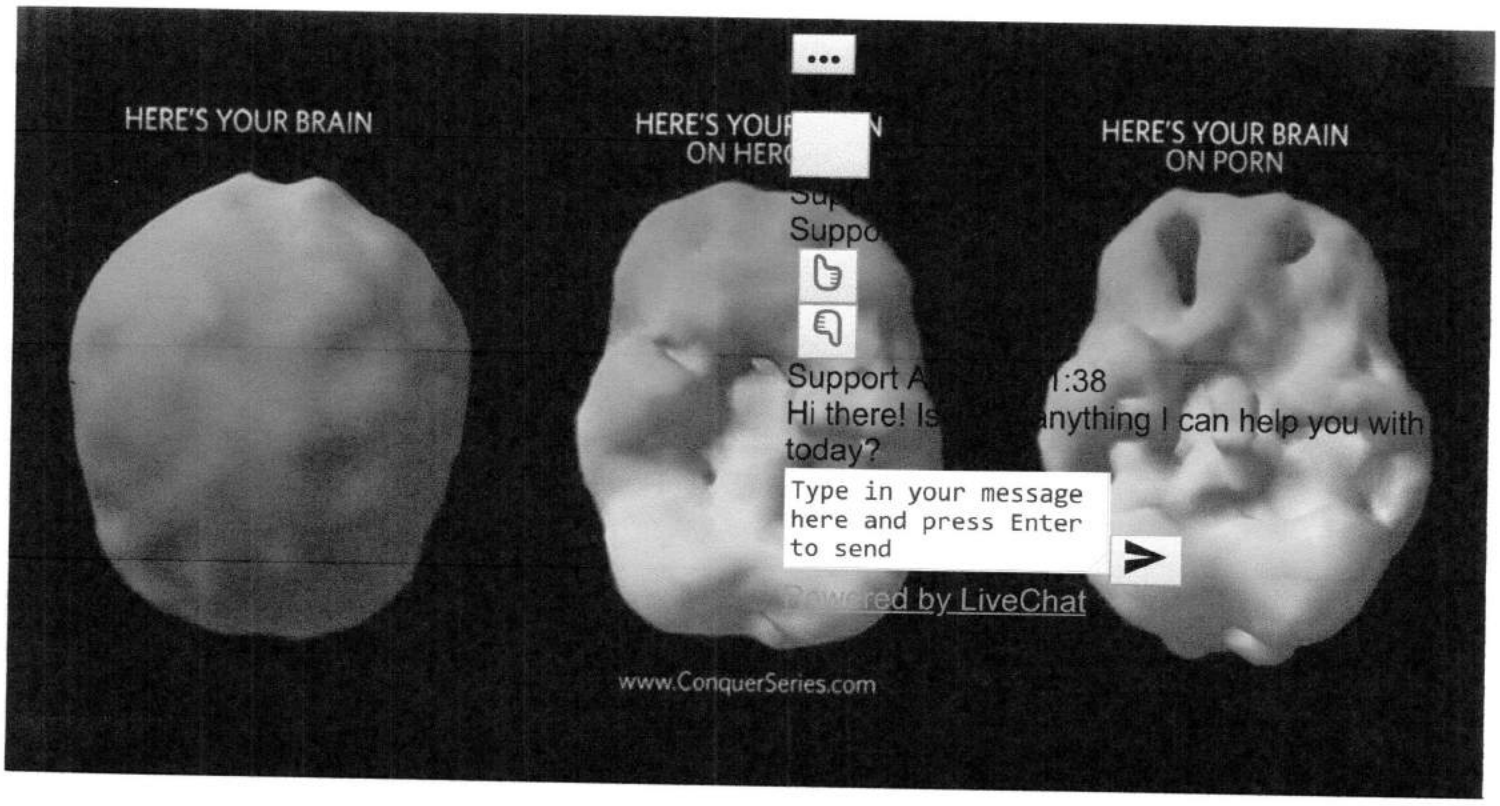
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This is your Brain on Porn

By Luke Gibbons 10 Comments



Looking at brain scans, it's easy to see.

The brain of a porn addict looks similar to – and perhaps even worse than – a drug addict's.

A normal brain has the topography of a beach ball… nice and smooth. In stark contrast is the Swiss-cheese-like surface of a porn addict's brain.

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Who's in Charge?

The CEO of your brain is the prefrontal cortex. It is the top front portion of your brain and, though it may be smaller in size, it really runs the show.

It is responsible for good decision making, impulse control, planning, and other complex functions befitting its executive position... and it's not fully formed until the age of 25.

On the brain scans of a porn addict, the prefrontal cortex looks diminished – much like a deflated tire.

By watching porn, this person has bypassed their CEO many times to go straight to "I want to feel good."

That "feel good" portion of your brain would be your limbic system.

Operating on Automatic: Our Limbic System

Our limbic system is housed in a lower section of the brain.

It's not so great when it's been bypassed on a daily basis to do something our CEO would put a stop to... and watching porn fits that bill.

This is why an addict will do things they never thought they would, because their higher reasoning takes a back seat and the limbic system takes over.

The Delicate Balance

Your limbic system acts as the gas pedal while your prefrontal cortex is the brakes. Even in a normal situation, the limbic system can override the prefrontal cortex.

Dr. Ted Roberts, former Marine Fighter Pilot, pastor, and host of the Conquer Series, a cinematic DVD series that helps men break free from porn explains it this way:

> "Your brain is like a Ferrari with bicycle brakes."

Watching porn repeatedly is strengthening the limbic system pathways to unhealthy behavior, ignoring your CEO in process. And like a muscle that hasn't been used, the prefrontal cortex will atrophy. This makes us even more impulsive and less "in control" of our behavior.

With a regular porn user, their ability to control their behavior has lessened considerably, and they are much more driven to act out again and again on impulse.

In a perfect storm situation for those who use porn: The limbic system is also where memories are formed and pleasure registers. So even seeing the computer or the phone used to view porn in the past can be a trigger to watch porn again.

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Restrain or Retrain Your Brain?

Many people treat porn addiction like a willpower issue.

"Just stop watching," they'll say. Or, "All you need to do is put a porn blocker on your phone."

Unfortunately, it's not that easy.

Dr. Roberts admonishes:

> "Trying to defeat your addiction on your own is like trying to do brain surgery on yourself!"

Don't try that at home… or anywhere else for that matter.

You really need to understand how you got here in order to get to where you want to be.

You can retrain your brain to healthy, God-intended sexuality. Freedom from porn can be found with a reprogramming of the limbic system.

It's a process, but it works.

"Prior to 1990, we were under the assumption that the brain never changed," Dr. Roberts reveals in the Conquer Series. "You were born with a certain number of neurons, you died with those neurons. Then we discovered neurogenesis."

Neurogenesis tells us that the brain is constantly changing. It's continually making new connections, giving birth to new neurons on a moment by moment basis.

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Start living a transformed life... order the Conquer Series today!

The Conquer Series is a powerful cinematic 12-disc DVD series which is helping over 1 million men conquer porn and walk in freedom.

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5 Reasons Why Porn Use Spikes Every Christmas →

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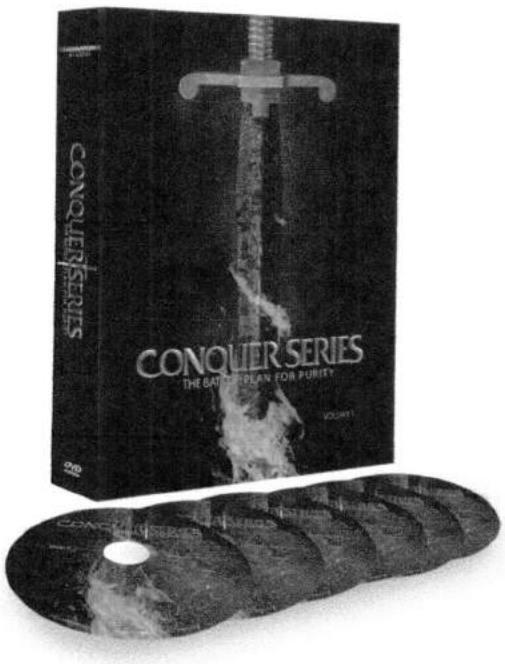
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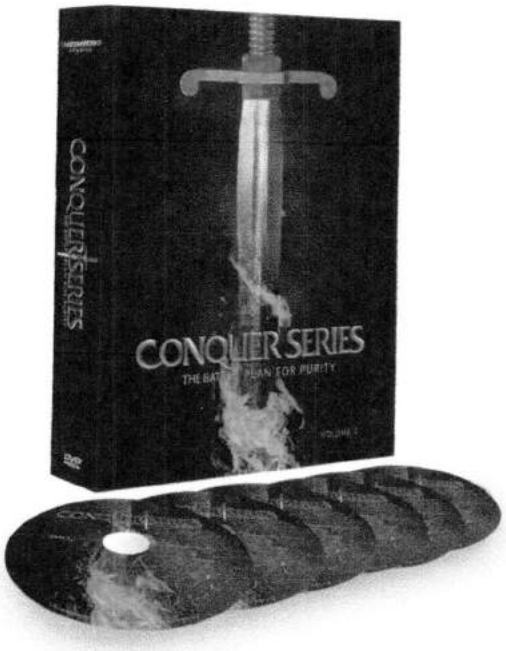
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Annex

Examples of the use of “your brain on porn” by third parties.

ANNEX 13

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This Is Your Brain on Porn

Casual porn watching changes the brain a lot more than you'd think.

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By Peter Hess

on July 11, 2017
Filed Under Biology , Experiments , Internet Culture , Neuroscience & Sex

Porn watching, as a hobby, has risen to record popularity . But scientists are still trying to figure out what watching all that porn actually does to users â€” and to society at large. There are, however, a few things we do know.

The moment a person looks at an erotic image, the reward system in their brain switches on. This circuit includes the ventral striatum and orbitofrontal cortex, both of which help elicit the good feelings you get when you do something good. And while there are a handful of other brain areas associated with the experience of viewing pornography â€” which weâ€™ll explore in a moment â€” theyâ€™re all involved in a pretty similar way. As peopleâ€™s brains reward them for watching porn, their brains learn, over time, that porn is a reliable way to seek good feelings.

Letâ€™s explore how that process manifests as different behaviors across various brain areas.

Reward-Seeking Behavior

A 2016 functional magnetic resonance imaging (fMRI) study of porn viewers in the journal *NeuroImage* showed elevated activity in the ventral striatum when male participants viewed something sexy, suggesting that the brainâ€™s reward system was releasing dopamine. Meanwhile, analysis of the participantsâ€™ self-reported porn watching habits showed that many of them reported subjective symptoms of porn addiction. When comparing the fMRI data and survey results, scientists found that the degree of ventral striatum activation correlated with the degree of porn addition each participant reported via questionnaire. In other words, people who reported signs of porn addiction experienced greater degrees of ventral striatum activity when they looked at porn.

In this image, we can see the ventral striatum, at the center of the image, lit up in the brain of a subject while he looks at something sexy.

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Emotional Motivation

The amygdala, a part of the brain involved in emotional behavior and motivation, may also be activated when viewing pornographic materials, according to Mateusz Gola, Ph.D., a neuroscience researcher at the University of California, San Diego.

Research on people with compulsive sexual behavior suggests that altered connectivity and increased activity in the amygdala are linked to reward-seeking behavior. In particular, they reflect a change in a personâ€™s â€œappetitive conditioningâ€ â€” in which their biological response (activation of the reward pathway) seems to be greater than normal in response to sexual stimulus. While the people involved with this research didnâ€™t exhibit addiction to porn *per se*, the reward-seeking motivation in their brains read similarly.

Problematic Behavior

Now, looking at porn once in a while may or may not have any significant effects, but researchers have identified reasons to worry about some people who look at it frequently. Though researchers behind a 2017 study found that many porn users are compulsive, distressed, or both , they cautioned that these findings, as well as studies of porn use, are in their early days. In the paper, the University of Montrealâ€™s Marie-Pier Vaillancourt-Morel and her colleagues noted that,

even though some of their subjects reported negative sexual outcomes and attitudes related to porn use, they were in the minority.

â€œDespite strong social pressure for rapid closure, we should be cautious before concluding that pornography use is universally harmful or beneficial,â€ write the authors. â€œOur contribution shows that subgroups of pornography users report differential sexual outcomes. Most of our sample was composed of recreational users reporting positive sexual outcomes, including higher sexual satisfaction.â€

Structural Differences

Another study showed that the volume of gray matter in a personâ€™s right caudate (in the forebrain) was negatively correlated with how much porn they view. In other words, high-volume porn viewers had less gray matter â€” but thatâ€™s not to say that the relationship between the two is causal. Since many people start viewing porn around age 10, when the brain is still developing, there is no way to tell whether structural brain differences are a consequence or a cause of porn use.

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Primed for Porn

Problematic pornography users (PPUs), according to Gola, seem to be uniquely primed to respond to erotic stimuli: In April 2017, he and his colleagues published one of the first neuroimaging studies examining how the brains of PPUs respond to erotic stimuli compared to those in the healthy control group. In an fMRI machine, the subjects played a discrimination game that, if played correctly, rewarded users in the form of money or an erotic image.

Both the control group and the PPUs reacted more strongly to erotic rewards than monetary ones, but ultimately both groups responded to these stimuli with comparable levels of brain activity, especially in the ventral striatum. It was surprising for Gola, who thought that the PPUs would react more strongly; all porn viewers, it seems, react the same way to porn when theyâ€™re presented with it.

But he was most surprised when he tweaked the test so that â€œcueâ€ images would tell

participants when a pornographic image was *on its way*. This time, PPUs reacted much more strongly to erotic cues than the control group. â€œPPUs have much more elevated ventral striatum responses than non-problematic users,â€ Gola explained to *Inverse*. Taken together, his results suggested that people who view porn compulsively seem to have much stronger neurological reactions than regular viewers to the suggestion that porn is on the way.

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â€œSometimes they have this urge to watch pornography thatâ€™s so strong they canâ€™t hesitate, and they just start watching,â€ Gola explains. â€œFor many people, cues are things like staying alone in the office or at home. Heâ€™s triggered, and this motivation is very strong. We had patients for whom sitting in the chair they used to watch pornography and masturbate was very triggering.â€

These results suggest that people who have trouble controlling their porn habits may actually experience a uniquely powerful response to triggering stimuli. Not only that, once the stimulus primes their brains to get ready for porn, they are very quick to respond.

â€œAddictionâ€ Might Be too Simple

So, what does all this mean for the scientific study of porn viewersâ€™ brains? Sure, porn is a very strong motivator for people who scientists label as PPUs, or compulsive users. But is it the social ill that groups like Fight the New Drug or Your Brain on Porn might lead us to believe? Gola says itâ€™s not quite that black and white.

â€œItâ€™s definitely a topic that should focus on the importance of scientists. A lot of studies focus on analogies to other addictive behavior, [like drugs or gambling],â€ he says. His research, which borrows methodology from gambling studies, has suggested that people who engage in porn-watching behaviors in a way that could be called addictive may experience similar neurological processes as gamblers. Nevertheless, he cautions that the scientific understanding of â€œaddictionâ€ is changing, and as it does itâ€™s important to keep the scientific end goal â€” treatment â€” in mind.

â€œWe would rather try to figure out how to help most efficiently, not how to label the problem,â€ Gola says.

To this end, he points to the incomplete quality of the porn research thatâ€™s out there today. He says the best way to help us understand more fully whether porn changes the brain or whether people with certain brains prefer porn is to do long-term studies that combine surveys and brain scans. â€œWe need to start collecting longitudinal data from a representative sample of Americans: how [pornography use] changes, how many people experience troubles because of problematic pornography use. Same with brain studies: We need to start tracking people and seeing whatâ€™s going on,â€ he says.

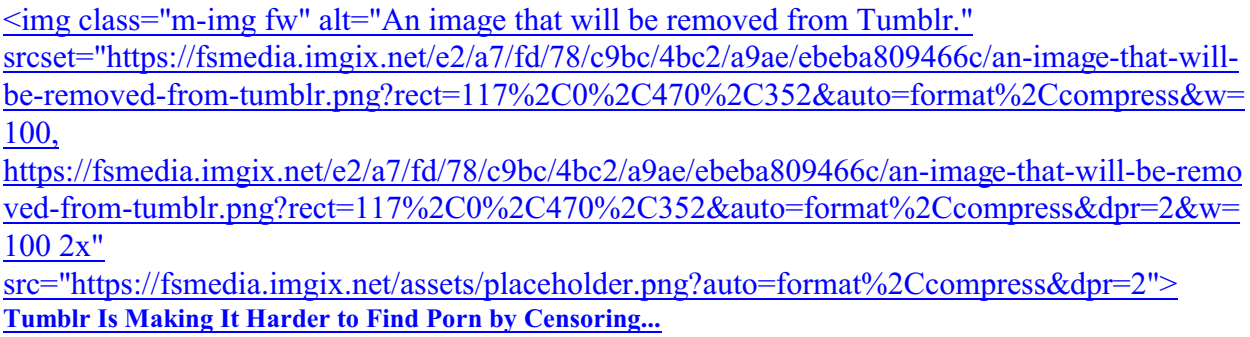
Clearly, we have a long way to go before we can answer some of the big questions. Is porn addictive? Maybe. Maybe not. Does porn change your brain? Maybe. Maybe not. Are compulsive porn usersâ€™ brains different from other peopleâ€™s? Kind of. For now, thatâ€™s pretty much the only effect weâ€™re certain that porn has on the brain. But as porn becomes increasingly widespread and accepted, thereâ€™s no doubt that weâ€™ll be learning more about its effects on our brains soon, whether we want to or not.

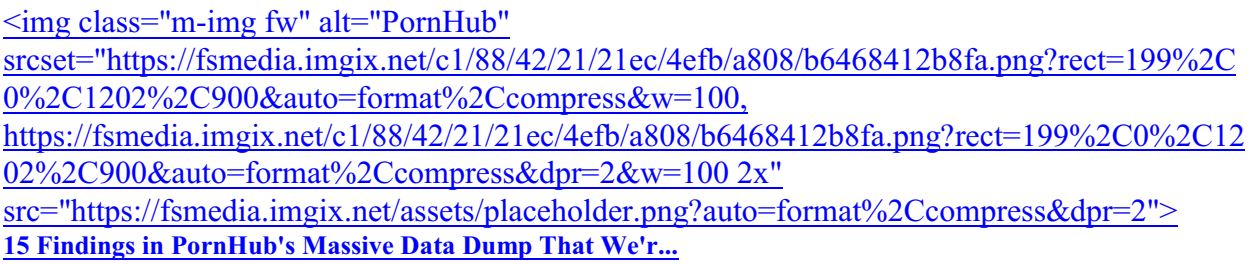
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2019

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0.742 -0.555 1.336 -1.453 1.336 v 0 h -0.016 c -0.867 0 -1.422 -0.594 -1.422 -1.336 c 0 -0.758 0.578 -1.336 1.453 -1.336 c 0.883 0 1.43 0.578 1.438 1.336 Z M 12 8.187 v 4.437 h -2.57 v -4.141 c 0 -1.039 -0.375 -1.75 -1.305 -1.75 c -0.711 0 -1.133 0.477 -1.32 0.937 c -0.062 0.172 -0.086 0.398 -0.086 0.633 v 4.32 h -2.57 c 0.031 -7.016 0 -7.742 0 -7.742 h 2.57 v 1.125 h -0.016 c 0.336 -0.531 0.945 -1.305 2.336 -1.305 c 1.695 0 2.961 1.109 2.961 3.484 Z" /> <path d="M 11.25 3.5 q 0 -0.312 -0.219 -0.531 t -0.531 -0.219 t -0.531 0.219 t -0.219 0.531 t 0.219 0.531 t 0.531 0.219 t 0.531 -0.219 t 0.219 -0.531 Z M 13 1.25 q 0 1.945 -0.59 3.363 t -1.98 2.816 q -0.633 0.625 -1.523 1.375 l -0.156 2.961 q -0.016 0.125 -0.125 0.203 l -3 1.75 q -0.055 0.031 -0.125 0.031 q -0.094 0 -0.18 -0.07 l -0.5 -0.5 q -0.102 -0.109 -0.062 -0.25 l 0.664 -2.156 l -2.195 -2.195 l -2.156 0.664 q -0.023 0.008 -0.07 0.008 q -0.109 0 -0.18 -0.07 l -0.5 -0.5 q -0.133 -0.148 -0.039 -0.305 l 1.75 -3 q 0.078 -0.109 0.203 -0.125 l 2.961 -0.156 q 0.75 -0.891 1.375 -1.523 q 1.469 -1.461 2.797 -2.016 t 3.367 -0.555 q 0.109 0 0.187 0.074 t 0.078 0.176 Z" /> <path d="M 5 8.5 l 2 -1 l -2 -1 v 2 Z M 8 3.883 v 4.234 l -4 2 v -4.234 Z M 10.25 7 q 0 -1.156 -0.57 -2.133 t -1.547 -1.547 t -2.133 -0.57 t -2.133 0.57 t -1.547 1.547 t -0.57 2.133 t 0.57 2.133 t 1.547 1.547 t 2.133 0.57 t 2.133 -0.57 t 1.547 -1.547 t 0.57 -2.133 Z M 12 7 q 0 1.633 -0.805 3.012 t -2.184 2.184 t -3.012 0.805 t -3.012 -0.805 t -2.184 -2.184 t -0.805 -3.012 t 0.805 -3.012 t 2.184 -2.184 t 3.012 -0.805 t 3.012 0.805 t 2.184 2.184 t 0.805 3.012 Z" /> <path d="M 7.586 9.719 v 1.648 q 0 0.523 -0.305 0.523 q -0.18 0 -0.352 -0.172 v -2.352 q 0.172 -0.172 0.352 -0.172 q 0.305 0 0.305 0.523 Z M 10.227 9.727 v 0.359 h -0.703 v -0.359 q 0 -0.531 0.352 -0.531 t 0.352 0.531 Z M 2.68 8.023 h 0.836 v -0.734 h -2.438 v 0.734 h 0.82 v 4.445 h 0.781 v -4.445 Z M 4.93 12.469 h 0.695 v -3.859 h -0.695 v 2.953 q -0.234 0.328 -0.445 0.328 q -0.141 0 -0.164 -0.164 q -0.008 -0.023 -0.008 -0.273 v -2.844 h -0.695 v 3.055 q 0 0.383 0.062 0.57 q 0.094 0.289 0.453 0.289 q 0.375 0 0.797 -0.477 v 0.422 Z M 8.281 11.313 v -1.539 q 0 -0.57 -0.07 -0.773 q -0.133 -0.438 -0.555 -0.438 q -0.391 0 -0.727 0.422 v -1.695 h -0.695 v 5.18 h 0.695 v -0.375 q 0.352 0.43 0.727 0.43 q 0.422 0 0.555 -0.43 q 0.07 -0.211 0.07 -0.781 Z M 10.922 11.234 v -0.102 h -0.711 q 0 0.398 -0.016 0.477 q -0.055 0.281 -0.312 0.281 q -0.359 0 -0.359 -0.539 v -0.68 h 1.398 v -0.805 q 0 -0.617 -0.211 -0.906 q -0.305 -0.398 -0.828 -0.398 q -0.531 0 -0.836 0.398 q -0.219 0.289 -0.219 0.906 v 1.352 q 0 0.617 0.227 0.906 q 0.305 0.398 0.844 0.398 q 0.563 0 0.844 -0.414 q 0.141 -0.211 0.164 -0.422 q 0.016 -0.07 0.016 -0.453 Z M 6.172 4.102 v -1.641 q 0 -0.539 -0.336 -0.539 t -0.336 0.539 v 1.641 q 0 0.547 0.336 0.547 t 0.336 -0.547 Z M 11.789 9.969 q 0 1.828 -0.203 2.734 q -0.109 0.461 -0.453 0.773 t -0.797 0.359 q -1.438 0.164 -4.336 0.164 t -4.336 -0.164 q -0.453 -0.047 -0.801 -0.359 t -0.449 -0.773 q -0.203 -0.875 -0.203 -2.734 q 0 -1.828 0.203 -2.734 q 0.109 -0.461 0.453 -0.773 t 0.805 -0.367 q 1.43 -0.156 4.328 -0.156 t 4.336 0.156 q 0.453 0.055 0.801 0.367 t 0.449 0.773 q 0.203 0.875 0.203 2.734 Z M 3.992 0 h 0.797 l -0.945 3.117 v 2.117 h -0.781 v -2.117 q -0.109 -0.578 -0.477 -1.656 q -0.289 -0.805 -0.508 -1.461 h 0.828 l 0.555 2.055 Z M 6.883 2.602 v 1.367 q 0 0.633 -0.219 0.922 q -0.289 0.398 -0.828 0.398 q -0.523 0 -0.82 -0.398 q -0.219 -0.297 -0.219 -0.922 v -1.367 q 0 -0.625 0.219 -0.914 q 0.297 -0.398 0.82 -0.398 q 0.539 0 0.828 0.398 q 0.219 0.289 0.219 0.914 Z M 9.5 1.336 v 3.898 h -0.711 v -0.43 q -0.414 0.484 -0.805 0.484 q -0.359 0 -0.461 -0.289 q -0.062 -0.187 -0.062 -0.586 v -3.078 h 0.711 v 2.867 q 0 0.258 0.008 0.273 q 0.023 0.172 0.164 0.172 q 0.211 0 0.445 -0.336 v -2.977 h 0.711 Z" /> <path d="M 7 3.391 v 3.391 h -1.133 v -3.391 h 1.133 Z M 10.109 3.391 v 3.391 h -1.133 v -3.391 h 1.133 Z M 10.109 9.328 l 1.977 -1.984 v -6.211 h -9.328 v 8.195 h 2.547 v 1.695 l 1.695 -1.695 h 3.109 Z M 13.219 0 v 7.914 l -3.391 3.391 h -2.547 l -1.695 1.695 h -1.695 v -1.695 h -3.109 v -9.047 l 0.852 -2.258 h 11.586 Z" /> <path d="M 12.656 3.188 q -0.523 0.766 -1.266 1.305 q 0.008 0.109

0.008 0.328 q 0 1.016 -0.297 2.027 t -0.902 1.941 t -1.441 1.645 t -2.016 1.141 t -2.523 0.426 q -2.117 0 -3.875 -1.133 q 0.273 0.031 0.609 0.031 q 1.758 0 3.133 -1.078 q -0.82 -0.016 -1.469 -0.504 t -0.891 -1.246 q 0.258 0.039 0.477 0.039 q 0.336 0 0.664 -0.086 q -0.875 -0.18 -1.449 -0.871 t -0.574 -1.605 v -0.031 q 0.531 0.297 1.141 0.32 q -0.516 -0.344 -0.82 -0.898 t -0.305 -1.203 q 0 -0.688 0.344 -1.273 q 0.945 1.164 2.301 1.863 t 2.902 0.777 q -0.062 -0.297 -0.062 -0.578 q 0 -1.047 0.738 -1.785 t 1.785 -0.738 q 1.094 0 1.844 0.797 q 0.852 -0.164 1.602 -0.609 q -0.289 0.898 -1.109 1.391 q 0.727 -0.078 1.453 -0.391 Z" /> <path d="M 7.492 0.094 v 2.062 h -1.227 q -0.672 0 -0.906 0.281 t -0.234 0.844 v 1.477 h 2.289 l -0.305 2.313 h -1.984 v 5.93 h -2.391 v -5.93 h -1.992 v -2.313 h 1.992 v -1.703 q 0 -1.453 0.813 -2.254 t 2.164 -0.801 q 1.148 0 1.781 0.094 Z" /> <symbol id="ii-envelope" viewBox="0 0 14 14"> <path d="M 14 5.547 v 6.203 q 0 0.516 -0.367 0.883 t -0.883 0.367 h -11.5 q -0.516 0 -0.883 -0.367 t -0.367 -0.883 v -6.203 q 0.344 0.383 0.789 0.68 q 2.828 1.922 3.883 2.695 q 0.445 0.328 0.723 0.512 t 0.738 0.375 t 0.859 0.191 h 0.016 q 0.398 0 0.859 -0.191 t 0.738 -0.375 t 0.723 -0.512 q 1.328 -0.961 3.891 -2.695 q 0.445 -0.305 0.781 -0.68 Z M 14 3.25 q 0 0.617 -0.383 1.18 t -0.953 0.961 q -2.937 2.039 -3.656 2.539 q -0.078 0.055 -0.332 0.238 t -0.422 0.297 t -0.406 0.254 t -0.449 0.211 t -0.391 0.07 h -0.016 q -0.18 0 -0.391 -0.07 t -0.449 -0.211 t -0.406 -0.254 t -0.422 -0.297 t -0.332 -0.238 q -0.711 -0.5 -2.047 -1.426 t -1.602 -1.113 q -0.484 -0.328 -0.914 -0.902 t -0.43 -1.066 q 0 -0.609 0.324 -1.016 t 0.926 -0.406 h 11.5 q 0.508 0 0.879 0.367 t 0.371 0.883 Z" /> <path d="M 4.109 10.891 q 0 0.414 -0.293 0.707 t -0.707 0.293 q -0.406 0 -0.703 -0.297 t -0.297 -0.703 q 0 -0.414 0.293 -0.707 t 0.707 -0.293 t 0.707 0.293 t 0.293 0.707 Z M 8 12.5 q 0 0.414 -0.293 0.707 t -0.707 0.293 t -0.707 -0.293 t -0.293 -0.707 t 0.293 -0.707 t 0.707 -0.293 t 0.707 0.293 t 0.293 0.707 Z M 2.5 7 q 0 0.414 -0.293 0.707 t -0.707 0.293 t -0.707 -0.293 t -0.293 -0.707 t 0.293 -0.707 t 0.707 -0.293 t 0.707 0.293 t 0.293 0.707 Z M 11.891 10.891 q 0 0.406 -0.297 0.703 t -0.703 0.297 q -0.414 0 -0.707 -0.293 t -0.293 -0.707 t 0.293 -0.707 t 0.707 -0.293 t 0.703 0.297 t 0.297 0.703 Z M 4.359 3.109 q 0 0.516 -0.367 0.883 t -0.883 0.367 t -0.883 -0.367 t -0.367 -0.883 t 0.367 -0.883 t 0.883 -0.367 t 0.883 0.367 t 0.367 0.883 Z M 13.5 7 q 0 0.414 -0.293 0.707 t -0.707 0.293 t -0.707 -0.293 t -0.293 -0.707 t 0.293 -0.707 t 0.707 -0.293 t 0.707 0.293 t 0.293 0.707 Z M 8.5 1.5 q 0 0.625 -0.438 1.062 t -1.062 0.438 t -1.062 -0.438 t -0.438 -1.062 t 0.438 -1.062 t 1.062 -0.438 t 1.062 0.438 t 0.438 1.062 Z M 12.641 3.109 q 0 0.727 -0.516 1.238 t -1.234 0.512 q -0.727 0 -1.238 -0.512 t -0.512 -1.238 q 0 -0.719 0.512 -1.234 t 1.238 -0.516 q 0.719 0 1.234 0.516 t 0.516 1.234 Z" /> <symbol id="ii-instagram" viewBox="0 0 14 14"> <path d="M 10.641 11.141 v -5.063 h -1.055 q 0.156 0.492 0.156 1.023 q 0 0.984 -0.5 1.816 t -1.359 1.316 t -1.875 0.484 q -1.539 0 -2.633 -1.059 t -1.094 -2.559 q 0 -0.531 0.156 -1.023 h -1.102 v 5.063 q 0 0.203 0.137 0.34 t 0.34 0.137 h 8.352 q 0.195 0 0.336 -0.137 t 0.141 -0.34 Z M 8.422 6.977 q 0 -0.969 -0.707 -1.652 t -1.707 -0.684 q -0.992 0 -1.699 0.684 t -0.707 1.652 t 0.707 1.652 t 1.699 0.684 q 1 0 1.707 -0.684 t 0.707 -1.652 Z M 10.641 4.164 v -1.289 q 0 -0.219 -0.156 -0.379 t -0.383 -0.16 h -1.359 q -0.227 0 -0.383 0.16 t -0.156 0.379 v 1.289 q 0 0.227 0.156 0.383 t 0.383 0.156 h 1.359 q 0.227 0 0.383 -0.156 t 0.156 -0.383 Z M 12 2.539 v 8.922 q 0 0.633 -0.453 1.086 t -1.086 0.453 h -8.922 q -0.633 0 -1.086 -0.453 t -0.453 -1.086 v -8.922 q 0 -0.633 0.453 -1.086 t 1.086 -0.453 h 8.922 q 0.633 0 1.086 0.453 t 0.453 1.086 Z" /> <path d="M 7 4.25 v 3.5 c 0 0.141 -0.109 0.25 -0.25 0.25 h -2.5 c -0.141 0 -0.25 -0.109 -0.25 -0.25 v -0.5 c 0 -0.141 0.109 -0.25 0.25 -0.25 h 1.75 v -2.75 c 0 -0.141 0.109 -0.25 0.25 -0.25 h 0.5 c 0.141 0 0.25 0.109 0.25 0.25 Z M 10.25 7 c 0 -2.344 -1.906 -4.25 -4.25 -4.25 s -4.25 1.906 -4.25 4.25 s 1.906 4.25 4.25 4.25 s 4.25 -1.906 4.25 -4.25 Z M 12 7 c 0 3.313 -2.687 6 -6 6 s -6 -2.687 -6 -6 s 2.687 -6 6 -6 s 6 2.687 6 6 Z" /> <symbol id="ii-times-circle"

viewBox="0 0 12 14"> <path d="M 8.977 8.766 c 0 -0.133 -0.055 -0.258 -0.148 -0.352 l -1.414 -1.414 l 1.414 -1.414 c 0.094 -0.094 0.148 -0.219 0.148 -0.352 s -0.055 -0.266 -0.148 -0.359 l -0.703 -0.703 c -0.094 -0.094 -0.227 -0.148 -0.359 -0.148 s -0.258 0.055 -0.352 0.148 l -1.414 1.414 l -1.414 -1.414 c -0.094 -0.094 -0.219 -0.148 -0.352 -0.148 s -0.266 0.055 -0.359 0.148 l -0.703 0.703 c -0.094 0.094 -0.148 0.227 -0.148 0.359 s 0.055 0.258 0.148 0.352 l 1.414 1.414 l -1.414 1.414 c -0.094 0.094 -0.148 0.219 -0.148 0.352 s 0.055 0.266 0.148 0.359 l 0.703 0.703 c 0.094 0.094 0.227 0.148 0.359 0.148 s 0.258 -0.055 0.352 -0.148 l 1.414 -1.414 l 1.414 1.414 c 0.094 0.094 0.219 0.148 0.352 0.148 s 0.266 -0.055 0.359 -0.148 l 0.703 -0.703 c 0.094 -0.094 0.148 -0.227 0.148 -0.359 Z M 12 7 c 0 3.313 -2.687 6 -6 6 s -6 -2.687 -6 -6 s 2.687 -6 6 -6 s 6 2.687 6 6 Z" /> <symbol id="ii-flipboard" viewBox="0 0 14 14"> <path d="M 0 0 h 4.515 v 14 h -4.515 Z M 4.967 4.967 h 4.515 v 4.515 h -4.515 Z M 4.967 0 h 9.033 v 4.515 h -9.033 Z" />

Annex

Alexa analyses

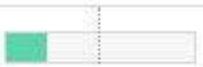
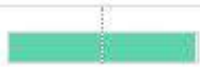
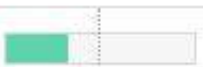
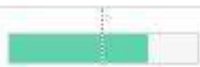
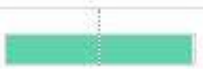
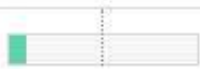
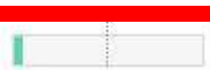
ANNEX 14

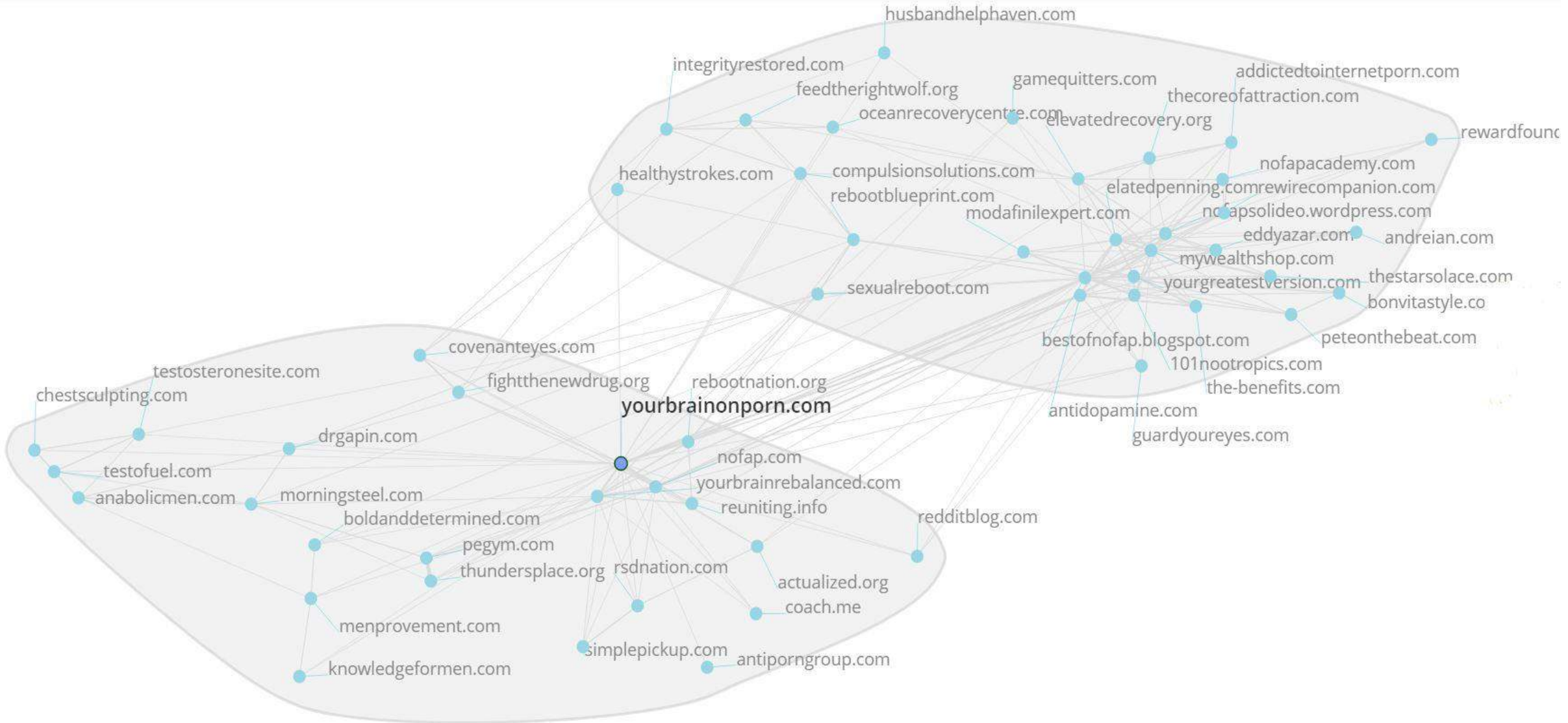
Annex

Risk of confusability is zero. Not only is the content completely different, but yourbrainonporn.com has zero network overlap with realyourbrainonporn.com audience (Alexa data below). Yourbrainonporn.com primarily targets men (99%) who are very young (<24 years of age).



Gender | Education | Location | Age | Income | Children

Site	Male	Female
	Internet Average	Internet Average
psychologytoday.co...		
nih.gov		
nofap.com		
yourbrainonporn.c...		
fightthenewdrug.org		
	Below Above	Below Above

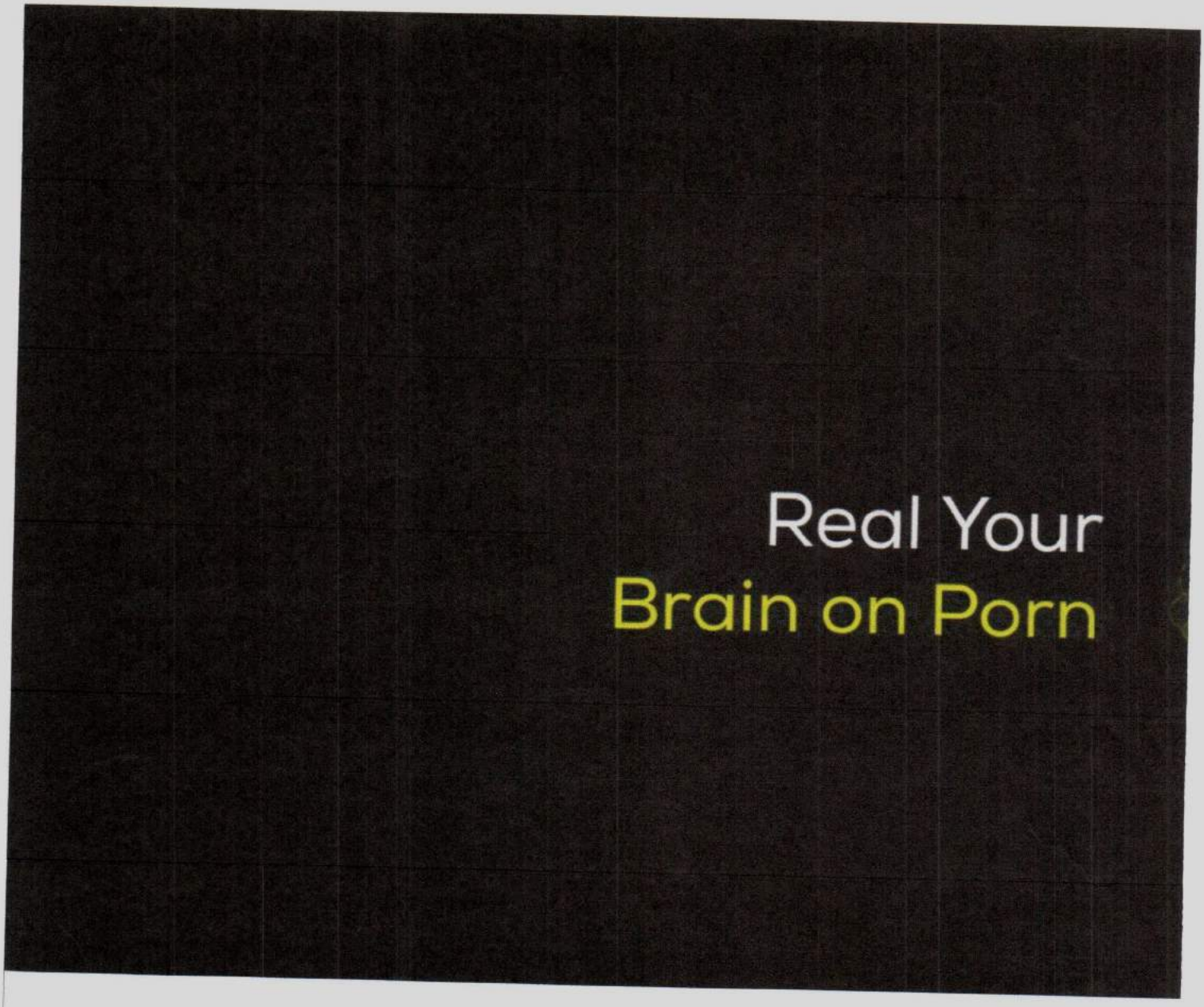

husbandhelphaven.com
integrityrestored.com
feedtherightwolf.org
oceanrecoverycentre.com
gamequitters.com
addictedtointernetporn.com
thecoreofattraction.com
elevatedrecovery.org
rewardfound
healthystrokes.com
compulsionsolutions.com
rebootblueprint.com
nofapacademy.com
elatedpenning.com
rewirecompanion.com
modafinilexpert.com
nofapsolideo.wordpress.com
eddyazar.com
andreian.com
mywealthshop.com
sexualreboot.com
yourgreatestversion.com
thestarsolace.com
bonvitastyle.co
peteonthebeat.com
bestofnofap.blogspot.com
101nootropics.com
the-benefits.com
antidopamine.com
guardyoureyes.com
covenanteyes.com
testosteronesite.com
chestsculpting.com
fightthenewdrug.org
rebootnation.org
yourbrainonporn.com
drgapin.com
testofuel.com
anabolicmen.com
morningsteel.com
nofap.com
yourbrainrebalanced.com
reuniting.info
boldanddetermined.com
redditblog.com
pegym.com
thundersplace.org
rsdnation.com
actualized.org
coach.me
menprovement.com
simplepickup.com
antiporngroup.com
knowledgeformen.com

Annex

Respondent's website devoted to information

ANNEX 15

science of arousal and relations



Sexuality often is a source of panic in the United States. When the vibrator appeared, the panic was that women would no longer get married or have children.

Today, the panic is over pornography or, more neutral, sex

science of arousal and relations

possessing any. Groups make millions of dollars claiming to "fight" sex films based on "science", yet work with no scientists. While there are dozens of anti-pornography organizations, there is no advocacy group for sex film's positive health effects.

We are a group of experts trained in and/or researching the effects of sex films. We do not advocate for (or against) viewing sex films as any blanket recommendation. We are willing to connect with media and colleagues, to provide accurate, balanced, science-based information.

Avoid the Damian Sendler error, talk to experts in sexuality!



Feel free to read the research yourself on our "Research" page.



Reach out to us individually on our "experts" page.

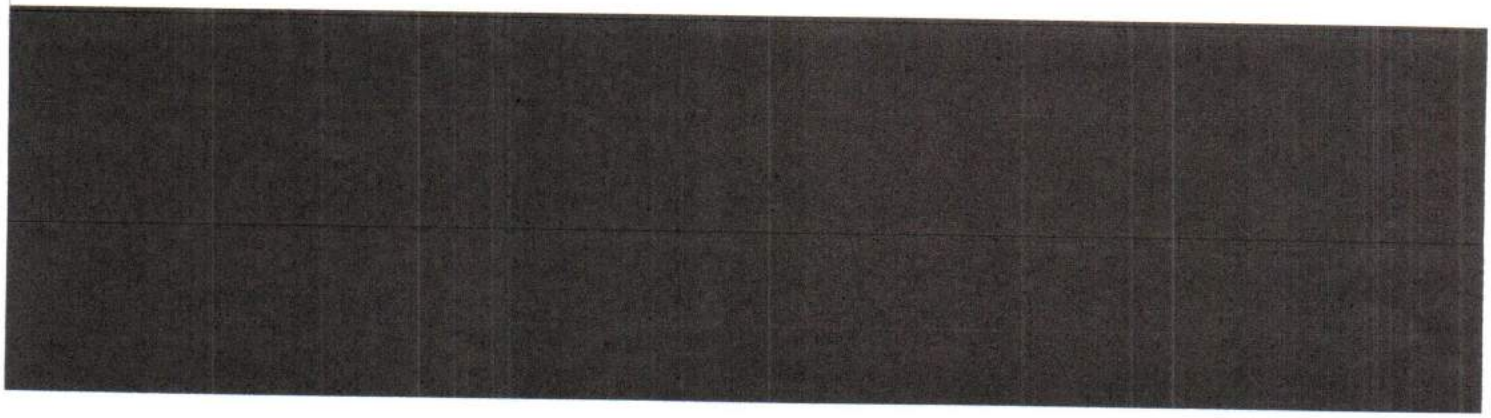


Read about the history of some of these debates on our "history" page.

science of arousal and relations

Real Your Brain On Porn

This web page has no relationship with yourbrainonporn.com



Annex

Respondent's website directing viewers to scientists.

ANNEX 16

Visit with real experts on pornography

science of arousal and relationships

Need More Evidence-Based Information About Sex Films? Reach Out To These Experts!



Marty Klein

PhD, Human sexuality
Private practice, Forensic expert, Therapist educator

Dr. Klein has been a Licensed Marriage & Family Therapist and Certified Sex Therapist for over 35 years. He is the award-winning author of 7 books about sexuality, including the recent "His Porn, Her Pain." Required reading at several universities, the book critiques the common mistakes that policy-makers, therapists, and couples make about pornography—and suggests innovative ways to enhance our political, cultural, and personal Porn Literacy. Dr. Klein is an Expert Witness in state, federal, and international courtrooms. He also trains psychologists, physicians, attorneys, and clergy across the U.S. and internationally.

CONTACT



Photo: Neal Preston

Nicole Prause

PhD, Clinical Science
Liberos

Dr. Prause is a sexual psychophysiologist and licensed psychologist with specialized training in neuroscience and statistics. She has nearly 20 years running laboratories publishing over 50 peer-reviewed papers in sexuality and addictions. She also trains sex therapists in cutting-edge, technology-based interventions.

CONTACT

science of arousal and relationships



David Ley

PhD, Clinical Psychology
Private practice

Dr. Ley has published books "The Myth of Sex Addiction" and "Ethical Porn for Dicks", in addition to peer-reviewed papers concerning the clinical and legal status of sex film viewing.

CONTACT



Samuel Perry

PhD, Sociology
University of Oklahoma

Dr. Perry studies the intersection of religion and sex film use, including the role of masturbation, using surveys.

CONTACT



Taylor Kohut

PhD, Psychology
Western University

Dr. Kohut studies the impact of sex film viewing on romantic relationships, adolescents, and individuals using both survey and experimental approaches.

CONTACT

William Fisher

See new page (link at bottom)

Peter Finn

See new page (link at bottom)



Janniko Georgiadis

PhD, Neuroscience
University of Groningen

science of arousal and relationships

Dr. Georgiadis is an expert in the neurobiology of sexuality including fMRI and other experimental approaches.

CONTACT



Erick Janssen

PhD, Psychology
University of Leuven

Dr. Janssen is in the department of neurosciences and uses sex films to study the physiology of sexual arousal in laboratory experiments.

CONTACT



Aleksandar Štulhofer

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Dr. Štulhofer developed the first sex education curriculum for Croatia and studies the impact of sex film viewing on adolescents using surveys.

CONTACT



James Cantor

PhD, Clinical Psychology
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Dr. Cantor studied the neuroscience of pedophilia.

CONTACT



Michael Seto

PhD, Clinical Psychology
University of Ottawa

Dr. Seto is the editor in chief of Sexual Abuse, the official journal of the Association for the Treatment of Sexual Abusers, and publishes extensively in peer-reviewed journals concerning the predictors

science of arousal and relationships and characteristics of sexual attitudes

CONTACT

Justin Lehmiller

See new page (link at bottom)



Anna Randall

DHS, LCSW, Sexology, Social Work
The Alternative Sexualities Health Research Alliance

Dr. Randall (pronouns she/her/hers) is the executive Director of TASHRA, The Alternative Sexualities Health Research Alliance (tashr.org), a national nonprofit research and professional training organization. Known for their research publications on Kink and BDSM sexuality, TASHRA works to increase the scientific knowledge on the lived-experienced of sexual minorities. As those with kink interests and identities are stigmatized, marginalized, misunderstood; they may not receive culturally competent healthcare. Adding to this, individuals of color, orientation, gender non-confirming and those already struggling to survive, experience additional minority stress. To bridge this gap, TASHRA trains various healthcare professionals in the provision of compassionate and knowledgeable care. She holds a Doctorate in Human Sexuality and Masters in both Social Work and Public Health. She is a licensed clinical social worker with a Silicon Valley private practice and specializes in sex therapy.

CONTACT



Victoria Hartmann

PhD, MPH, Sexology, Public Health



science of sexual and relationships

Erotic Heritage Museum, Las Vegas

Dr. Hartmann holds a Ph.D. in Human Sexuality with an emphasis on Clinical Sexology, as well as a Master in Public Health. Her primary focus is forensic sexology, and the preservation of erotic artifacts, including the archiving of sexually explicit films. Her Doctoral work centered on the effects of dark web violent and explicit films. She authored the book "I Like Dead People - Inside the Mind of Death Fetishists" based on her doctoral thesis, and has proposed a new theoretical framework for classifying paraphilias. She is the current Director of the Erotic Heritage Museum in Las Vegas.

CONTACT



Michael Vigorito

MA, Counseling
Private practice

Mr. Vigorito is a licensed Marriage & Family Therapist, certified sex therapist, and co-author of *Treating Out of Control Sexual Behavior - Rethinking Sex Addiction*.

CONTACT



Roger Libby

PhD, Sociology
Private practice

Dr. Libby is an AASECT certified sex therapist and a couples counselor in Seattle. He is the author of The Naked Truth About Sex and Sex from Aah to Zipper. He completed postdoctoral fellowship in family violence researching the relationship between sex and violence. He gave a TEDx Talk on the need for a sex positive revolution and is known for coining the term "sex positive" in 1976.

CONTACT

science of arousal and relationships



Douglas Braun-Harvey

MFT, CST, CSTS
The Harvey Institute

Sexual health author, trainer and psychotherapist **Douglas Braun-Harvey** bridges sexual and mental health and facilitates organizational change. In 2013 Doug Braun-Harvey and Al Killen-Harvey co-founded **The Harvey Institute,** Since 1993 he has been developing and implementing a sexual health based treatment approach for men with out of control sexual behavior (OCSB). His new book "*Treating Out of Control Sexual Behavior: Rethinking Sex Addiction*" written with co-author Michael Vigorito was selected as the 2018 Health Professional Book by the Society for Sex Therapy and Research (SSTAR). Previous publications include "*Sexual Health in Recovery: Professional Counselor's Manual" (2011)* and "*Sexual Health in Drug and Alcohol Treatment: Group Facilitator's Manual*" (2009).

Mr. Braun-Harvey is Licensed Marriage and Family Therapist, Certified Sex Therapy Supervisor and Certified Sex Therapist. He is honored, as an alumnus of the University of Minnesota, to join their Leadership Council for the Program in Human Sexuality in which he is a founding donor of the Doug Braun-Harvey Fellowship in Compulsive Sexual Behavior. He has been providing individual and group therapy in his San Diego private practice since 1987.

CONTACT

Alan McKee

See new page (link at bottom)



David Hersh

science of arousal and relationships



Ed.D.
Human Sexuality Program
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Dr. Hersh is a psychotherapist and Licensed Marriage & Family Therapist for 50 years. He is also a Certified Sex Therapist in private practice.

CONTACT



Jennifer Valli

PhD, Clinical Sexology
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Dr. Valli is an AASECT certified sex therapist and clinical sexologist. She is an advocate for sexual diversity in the bible belt in her roles as educator and therapist.

CONTACT



Jason Winters

PhD, Clinical Psychology
Private practice

Dr. Winters conducted peer-reviewed, published research on hypersexuality before transitioning to private practice as a Registered Psychologist in Canada. He's co-founder and director of the West Coast Centre for Sex Therapy.

CONTACT

Chris Donaghue

See new page (link at bottom)



Charles Moser

PhD, MD
Private practice

Charles Moser, PhD, MD is board certified in Internal Medicine by the American Board of Internal Medicine, HIV Medicine by American Academy of HIV Medicine, and is a Fellow of the

science of arousal and relationships

European Committee of Sexual Medicine. His clinical practice is devoted to Sexual Medicine (the sexual aspects of medical concerns and the medical aspects of sexual concerns). He has authored or co-authored over 90 scientific papers or books, he has written extensively on sexual medicine, gender diversity, hypersexuality and the paraphilias including BDSM. He is Founder and President of Diverse Sexualities Research and Education Institute, a 501(c)(3) charity. View his complete CV.

CONTACT

Watch here for a forthcoming news story about one activist attempting to violate free speech by threatening scientists and therapists speaking about their own areas of expertise.

CLICK TO VIEW MORE EXPERTS!

Annex

Respondent's website directs visitors to publications from numerous sources which discuss issues involving sexuality.

ANNEX 17

RESEARCH

Science is the practice of falsifying models using systematic observations. In psychology and related sciences, these models are theories about why a person or group engages in a behavior(s). Falsification is a high threshold for models: If any prediction of a model is not supported, the entire model is discarded. While study results that are consistent with a model prediction increase our confidence that the one model prediction is supported, *every single prediction of the model must hold true* for the model to be considered supported. Thus, the most important studies are studies that ***falsify*** predictions of a model. Finally, a model is never "proven", because a model prediction could always be falsified by the next study. Models are "supported" or "falsified". This literature (below) represents some of the important model falsifications that have occurred in sex film science.

Erectile And Other Sexual Dysfunctions

Grubbs, J. B., & Gola, M. (2019). Is pornography use related to erectile functioning? Results from cross-sectional and latent growth curve analyses. The journal of sexual medicine, 16(1), 111-125.

Link to web

- **Design:** Longitudinal, within-subject
- **Population:** Sexually active US men
- **Sample Size:** 433
- **Author Summary:** Latent growth curve analyses demonstrated no significant relationships between any pornography-related variables and trajectories of ED.

Berger, J. H., Kehoe, J. E., Doan, A. P., Crain, D. S., Klam, W. P., Marshall, M. T., & Christman, M. S. (2019). Survey of Sexual Function and Pornography. Military Medicine.

Link to web

- **Design:** Survey
- **Population:** 20–40 year old men and women presenting to a urology clinic
- **Sample Size:**
- **Author Summary:** There was no association between the International Index of Erectile Function and craving for, or obsessive passion for, pornography. No correlation was found between any variables and female sexual dysfunction.

Landripet, I., & Štulhofer, A. (2015). Is pornography use associated with sexual difficulties and dysfunctions among younger heterosexual men?. The journal of sexual medicine, 12(5), 1136-1139.

Link to web

- **Design:** Online survey
- **Population:** Croatian, Norwegian, and Portuguese men
- **Sample Size:** 3,948
- **Author Summary:** We found little evidence of the association between pornography use and male sexual health disturbances. Contrary to raising public concerns, pornography does not seem to be a significant risk factor for younger men's desire, erectile, or orgasmic difficulties.

Klein, V., Jurin, T., Briken, P., & Štulhofer, A. (2015). Erectile dysfunction, boredom, and hypersexuality among coupled men from two European countries. The journal of sexual medicine, 12(11), 2160-2167.

Link to web

- **Design:** Online survey
- **Population:** Croatian and German men in romantic relationships
- **Sample Size:** 1,121
- **Author Summary:** In the present study, the influence of erectile problems on problematic hypersexual behavior associated with an impairment in psychosocial functioning was assessed and cannot be simply equated with frequent pornography consumption. Therefore, it is important to note that in general no empirical studies exist that demonstrated a link between pornography consumption and sexual problems.

Prause, N., & Pfaus, J. (2015). Viewing sexual stimuli associated with greater sexual responsiveness, not erectile dysfunction. Sexual medicine, 3(2), 90-98.

Link to web
Full text

- **Design:** Experiment
- **Population:** Adult males
- **Sample Size:** 280
- **Author Summary:** VSS use within the range of hours tested is unlikely to negatively impact sexual functioning, given that responses actually were stronger in those who viewed more VSS.

Sutton, K. S., Stratton, N., Pytyck, J., Kolla, N. J., & Cantor, J. M. (2015). Patient characteristics by type of hypersexuality referral: A quantitative chart review of 115 consecutive male cases. Journal of sex & marital therapy, 41(6), 563-580.

Link to web

- **Design:** Chart review
- **Population:** Hypersexuality referral patients
- **Sample Size:** 115
- **Author Summary:** The finding of delayed ejaculation, rather than erectile dysfunction as the primary reported complaint is also interesting in the context of the popular media hype that pornography viewing is linked with erectile dysfunction. Although there are clinical accounts and emotionally charged media and self-help sites propagating this belief (e.g., The Doctor Oz Show, January 31, 2013; James & O'Shea, March 30, 2014; yourbrainonporn.com), there are no data to support the notion that pornography viewing causes erectile dysfunction.

De Graaf, H., & Wijsen, C. (2017). Seksuele gezondheid in Nederland 2017. Sexual health in the Netherlands 2017.

Link to web
Full text

- **Design:** Nationally -representative survey
- **Population:** Age 18-80
- **Sample Size:** 17,000
- **Author Summary:** For most people, watching porn does not replace or hinder sex with a partner. In fact, people who watch porn more often also have sex with a partner more often. Porn viewing in the last six months was not related to sexual problems.

Attitudes Towards Women

Jackson, C. A., Baldwin, A., Brents, B. G., & Maginn, P. J. (2019). EXPO sing Mens Gender Role Attitudes as Porn Superfans. Sociological Forum. doi:10.1111/socf.12506

Link to web

- **Design:** Survey
- **Population:** Men at Adult Entertainment Expo
- **Sample Size:** 1,157
- **Author Summary:** "Porn superfans" are no more sexist or misogynistic than the general U.S. public on two of the four measures (women in politics and women in the general workplace) and held more progressive gender-role attitudes than the general public on the other two measures (working mothers and traditional gender roles in the family). Our results call into question some of the claims that porn consumption fosters de facto negative and hostile attitudes toward women.

McKee, A. (2005). The objectification of women in mainstream pornographic videos in Australia. Journal of Sex

Research, 42(4), 277-290.

Link to web
Full text

- **Design:** Content coding
- **Population:** Bestselling pornographic videos in Australia
- **Sample Size:** 50 films
- **Author Summary:** We note the wide range of sexual acts that are included - the genre is not as 'phallocentric' as some of its critics fear in the sense of defining sex only as penile intromission in the vagina. 1.9% of scenes featured violence. We have found data that is relevant to ongoing concerns in the literature that pornography degrades or dehumanizes female characters, either through dominance, or through a specific form of objectification which denies human agency. It seems clear from our data than in mainstream pornographic videos in Australia this is not the case. Women are not objectified in this genre more than men.

Barak, A., Fisher, W. A., Belfry, S., & Lashambe, D. R. (1999). Sex, guys, and cyberspace: Effects of internet pornography and individual differences on men's attitudes toward women. Journal of Psychology & Human Sexuality, 11(1), 63-91.

Link to web

- **Design:** Two experiments
- **Population:** Men
- **Sample Size:** 58
- **Author Summary:** The results of two separate studies failed to show any detectable relationship between differential and substantial exposure to Internet pornography and men's attitudes toward women, acceptance of women as managers, likelihood of sexual harassment, or rape myth acceptance. This is the first controlled study in the literature to address Internet pornography.

Kohut, T., Baer, J. L., & Watts, B. (2016). Is pornography really about "making hate to women"? Pornography users hold more gender egalitarian attitudes than nonusers in a representative American sample. The Journal of Sex Research, 53(1), 1-11.

Link to web
Full text

- **Design:** Secondary analysis (General Social Survey)
- **Population:** American men and women
- **Sample Size:** 25,047
- **Author Summary:** Pornography users held more egalitarian attitudes—toward women in positions of power, toward women working outside the home, and toward abortion—than nonusers of pornography.

Further, pornography users and pornography nonusers did not differ significantly in their attitudes toward the traditional family and in their self-identification as feminist.

Wright, P. J., & Tokunaga, R. S. (2018). Pornography consumption, sexual liberalism, and support for abortion in the United States: Aggregate results from two national panel studies. Media Psychology, 21(1), 75-92.

Link to web
Full text

- **Design:** Nationally-representative survey
- **Population:** American men and women
- **Sample Size:** Updating
- **Author Summary:** As hypothesized, pornography consumption at wave one predicted a more a liberal sexual script at wave two, which, in turn, predicted more support for abortion at wave three.

Attwood, F., & Smith, C. (2010). Extreme concern: Regulating 'dangerous pictures' in the United Kingdom. Journal of Law and Society, 37(1), 171-188.

Link to web

- **Design:** Review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Women are positioned as incompetent readers of media texts, complicit with patriarchy...if they do not adopt the 'correct, disciplined reading' of porn presented by anti-porn experts. We fundamentally reject the impulse to legislate based on a backwards approach to...a social phenomenon [violence aginst women] sufficiently seirous to warrant proper research into...those who abuse women. Rather than address the particular structural factors and material realities which contribute to women's risk of violent attack and men's propensities to violence, the current political and legeal climate seeks to demonize sexually explicit media for these crimes.

Regulation

Winters, J., Christoff, K., & Gorzalka, B. B. (2009). Conscious regulation of sexual arousal in men. Journal of Sex Research, 46(4), 330-343.

Link to web
Full text

- **Design:** Laboratory
- **Population:** Men
- **Sample Size:** 49

- **Author Summary:** Age, sexual experience, and sexual compulsivity were unrelated to sexual arousal regulation. Conversely, sexual excitation, inhibition, and desire correlated with sexual arousal regulation success. Increased sexual excitation and desire were associated with poorer regulatory performance, whereas a propensity for sexual inhibition due to fear of performance consequences was related to regulatory success.

Droubay, B. A., & Butters, R. P. (2019). Pornography, religiosity, and social work. Journal of Social Work, 1468017319852599.

Link to web

- **Design:** Survey
- **Population:** Social work students
- **Sample Size:** 136
- **Author Summary:** Highly religious students rated pornography more addictive on average. Of particular concern is that practitioners' values might lead to over-pathologizing behavior & labeling it as addictive. This is significant in that addiction is a heavy label that may harm clients.

Creswell, J. D., Pacilio, L. E., Denson, T. F., & Satyshur, M. (2013). The effect of a primary sexual reward manipulation on cortisol responses to psychosocial stress in men. Psychosomatic Medicine, 75(4), 397-403.

Link to web
Full text

- **Design:** Experiment
- **Population:** Men
- **Sample Size:** 54
- **Author Summary:** Participants who viewed pornography had significantly lower area-under-the-curve cortisol reactivity to the Trier Social Stress Test in comparison with participants in the control group. Participants who viewed pornography also had improved cognitive performance on the math portion of the TSST in comparison with control participants who viewed neutral images. The stress-buffering effects of pornography were specific to hypothalamic-pituitary-adrenal axis reactivity: the porn-viewing and neutral-viewing groups did not differ on psychological perceptions of anticipatory or poststress perceptions, heart rate, or blood pressure responses.

Moholy, M., Prause, N., Proudfit, G. H., S. Rahman, A., & Fong, T. (2015). Sexual desire, not hypersexuality, predicts self-regulation of sexual arousal. Cognition and Emotion, 29(8), 1505-1516.

Link to web
Full text

- **Design:** Experiment

Population: Men and women

- **Sample Size:** 116
- **Author Summary:** Higher levels of desire for sex with a partner consistently predicted failures to downregulate sexual arousal. Hypersexuality was unrelated. These findings replicate Winters et al.'s study and extend their findings by including upregulation, women, a new measure of hypersexuality and a higher-trial design.

Taylor, K. (2019). Nosology and metaphor: How pornography viewers make sense of pornography addiction. Sexualities. https://doi.org/10.1177/1363460719842136

Link to web

- **Design:** Survey and qualitative interviews
- **Population:** Ages ranging from 15 to 83
- **Sample Size:** 213
- **Author Summary:** It is worth considering whether the apparent epidemic of self-diagnosed pornography addicts seeking help today perhaps represents the ready uptake of a relatively new way to describe one's problematic behaviour, and not the development of a modern disease entity whose description should dictate its treatment.

Hallberg, J., Kaldo, V., Arver, S., Dhejne, C., Jokinen, J., & Öberg, K. G. (2019). A Randomized Controlled Study of Group-Administered Cognitive Behavioral Therapy for Hypersexual Disorder in Men. The journal of sexual medicine.

Link to web
Full text

- **Design:** Randomized controlled trial
- **Population:** Seeking treatment
- **Sample Size:** 137
- **Author Summary:** A significantly greater decrease in hypersexual symptoms (e.g., number of times the respondent has had orgasm) and sexual compulsivity, as well as significantly greater improvements in psychiatric well-being, were found for the treatment condition compared with the waitlist. These effects remained stable at 3 and 6 months after treatment.

Beauregard, M., Lévesque, J., & Bourgouin, P. (2001). Neural correlates of conscious self-regulation of emotion. The Journal of neuroscience.

Link to web

- **Design:** Experiment fMRI
- **Population:** Men

- **Sample Size:** 10
- **Author Summary:** sexual arousal experienced, in response to the erotic film excerpts, was associated with activation in "limbic" and paralimbic structures, such as the right amygdala, right anterior temporal pole, and hypothalamus. In addition, the attempted inhibition of the sexual arousal generated by viewing the erotic stimuli was associated with activation of the right superior frontal gyrus and right anterior cingulate gyrus. No activation was found in limbic areas.

Willoughby, B. J., Busby, D. M., & Young-Petersen, B. (2018). Understanding associations between personal definitions of pornography, using pornography, and depression. Sexuality Research and Social Policy, 1-15.

Link to web

- **Design:** Online survey
- **Population:** Adults
- **Sample Size:** 1,639
- **Author Summary:** Less acceptance of pornography was associated with avoiding content one deemed pornographic. Viewing sexual material that [the participant did] not consider pornography was consistently associated with more depressive symptoms. Internal views of pornography appear to be key factors that are associated with varying viewing and usage patterns and suggests that such views may create at least two very different groups when it comes to viewing pornography; one that is actively trying to avoid such content and one that is actively seeking it out.

Efrati, Y. (2018). God, I can't stop thinking about sex! The rebound effect in unsuccessful suppression of sexual thoughts among religious adolescents. The Journal of Sex Research, 1-10.

Link to web

- **Design:** Series cross-sectional
- **Population:** Israeli adolescents
- **Sample Size:** 1500
- **Author Summary:** Religious adolescents are higher in CSB than secular ones, and that sexual suppression and CSB mediate the link between religiosity and well-being.

Hesse, C., & Floyd, K. (2019). Affection substitution: The effect of pornography consumption on close relationships. Journal of Social and Personal Relationships, 0265407519841719.

Link to web
Full text

- **Design:** Longitudinal
- **Population:** Adults
- **Sample Size:** 357

- **Author Summary:** There is no evidence of [porn] consumption being either adaptive or maladaptive when it comes to relationship satisfaction, closeness, and loneliness.

Regnerus, M., Gordon, D., & Price, J. (2016). Documenting pornography use in America: A comparative analysis of methodological approaches. The Journal of Sex Research, 53(7), 873-881.

Link to web

- **Design:** Methods review
- **Population:** Age 18-39
- **Sample Size:** Not applicable
- **Author Summary:** When we privileged the most-recent-use approach, survey data from 2014 reveal that 46% of men and 16% of women between the ages of 18 and 39 intentionally viewed pornography in a given week. These numbers are notably higher than most previous population estimates employing different types of questions.

Love And Intimacy

Balzarini, R. N., Dobson, K., Chin, K., & Campbell, L. (2017). Does exposure to erotica reduce attraction and love for romantic partners in men? Independent replications of Kenrick, Gutierres, and Goldberg (1989) study 2. Journal of Experimental Social Psychology, 70, 191-197.

Link to web
Full text

- **Design:** Nationally representative; preregistered; experiment; meta-analysis
- **Population:** USA men and women
- **Sample Size:** 830
- **Author Summary:** We did not find support for the original finding that exposure to attractive images of opposite-sex others affects males' ratings of their partners' sexual attractiveness or love for their partner.

Bennett, M., LoPresti, B. J., McGloin, R., & Denes, A. (2019). The Desire for Porn and Partner?: Investigating the Role of Scripts in Affectionate Communication, Sexual Desire, and Pornography Consumption and Guilt in Young Adults' Romantic Relationships. Western Journal of Communication, 1-21.

Link to web

- **Design:** Survey
- **Population:** Porn viewers
- **Sample Size:** 111
- **Author Summary:** The results also revealed that pornography consumption was not significantly associated with sexual desire for one's partner. Such a finding is important, as it reinforces recent research

that shows that pornography has minimal effects in modern romantic relationships. Pornography consumption had no significant effect on sexual desire for one's partner, though feelings of guilt regarding pornography use negatively predicted sexual desire. These findings provide support for affection exchange theory by reinforcing that trait affection acts as a significant predictor of prosocial qualities, such as sexual desire, which ultimately contribute to relationship satisfaction.

Grov, C., Gillespie, B. J., Royce, T., & Lever, J. (2011). Perceived consequences of casual online sexual activities on heterosexual relationships: A US online survey. Archives of Sexual Behavior, 40(2), 429-439.

Link to web
Full text

- **Design:** Online survey
- **Population:** Internet users
- **Sample Size:** 8,376
- **Author Summary:** Unsurprisingly, viewing adult websites with a partner in order to enhance sexual arousal was positively associated with positive consequences and inversely associated with negative consequences. Men were significantly more likely to endorse positive feelings around their partner's online adult materials, including being "interested to learn more about what excites my partner" (50.8% vs. 34.9%, V = .16) and being "turned on by what I saw" (37.7% vs. 19.6%, V = .20). men were significantly more likely than women to indicate they had sex more often (15.3% vs. 12.8%, V = .03) and to indicate that either one or both partners view online sexual materials alone for the purposes of enhancing arousal (17.1% vs. 14.8%, V = .03), and both these associations remained significant in multivariate modeling. Also of interest was the lack of gender differences on some variables, whereby sizeable proportions of men (22.9%) and women (23.8%) indicated adult websites helped them become more open to "doing new things," and more than 1 in 5 men and women reported "It's easier to talk about what we want sexually." In addition, sizeable proportions of women (17.1%) and men (14.9%) reported viewing adult websites with their partner in order to enhance sexual arousal.

Rissel, C., Richters, J., De Visser, R. O., McKee, A., Yeung, A., & Caruana, T. (2017). A profile of pornography users in Australia: Findings from the second Australian study of health and relationships. The Journal of Sex Research, 54(2), 227-240.

Link to web

- **Design:** Nationally-representative survey
- **Population:** Australian men and women
- **Sample Size:** 20,094
- **Author Summary:** Very few respondents reported that they were addicted to pornography (men 4%, women 1%), and of those who said they were addicted about half also reported that using pornography had had a bad effect on them. Looking at pornographic material appears to be reasonably common in Australia,

with adverse effects reported by a small minority.

Kohut, T., Balzarini, R. N., Fisher, W. A., & Campbell, L. (2018). Pornography's associations with open sexual communication and relationship closeness vary as a function of dyadic patterns of pornography use within heterosexual relationships. Journal of Social and Personal Relationships, 35(4), 655-676.

Link to web

- **Design:** Nationally representative; preregistered; cross-sectional
- **Population:** USA married couples
- **Sample Size:** 200 couples (n=400)
- **Author Summary:** Links between pornography use and relationship health are largely a function of different patterns of pornography use within couples.

Maas, M. K., Vasilenko, S. A., & Willoughby, B. J. (2018). A dyadic approach to pornography use and relationship satisfaction among heterosexual couples: The role of pornography acceptance and anxious attachment. The Journal of Sex Research, 55(6), 772-782.

Link to web

- **Design:** Cross-sectional
- **Population:** Heterosexual matched-paired couples
- **Sample Size:** 6626
- **Author Summary:** For men who are more accepting of pornography, more pornography use is associated with more relationship satisfaction; however, for men who are less accepting of pornography, more pornography use is associated with less relationship satisfaction. There was little difference in relationship satisfaction at differing levels of pornography use for women who are high in pornography acceptance. For women who are low in pornography acceptance, pornography use is associated with less relationship satisfaction.

Kohut, T., Fisher, W. A., & Campbell, L. (2017). Perceived effects of pornography on the couple relationship: Initial findings of open-ended, participant-informed,"bottom-up" research. Archives of Sexual Behavior, 46(2), 585-602.

Link to web

- **Design:** Open-ended survey
- **Population:** Men and women in heterosexual relationships
- **Sample Size:** 430
- **Author Summary:** In the current sample of respondents, "no negative effects" was the most commonly reported impact of pornography use. Among remaining responses, positive perceived effects of pornography use on couple members and their relationship (e.g., improved sexual communication, more sexual

experimentation, enhanced sexual comfort) were reported frequently; negative perceived effects of pornography (e.g., unrealistic expectations, decreased sexual interest in partner, increased insecurity) were also reported, albeit with considerably less frequency.

Staley, C., & Prause, N. (2013). Erotica viewing effects on intimate relationships and self/partner evaluations. Archives of sexual behavior, 42(4), 615-624.

Link to web

- **Design:** Experiment
- **Population:** Adult heterosexual established couples
- **Sample Size:** 88
- **Author Summary:** Participants viewing both the erotic and exciting films reported equivalent increases in excitement; however, the erotic film was rated as slightly more generally arousing and increased participant's desire to be close to their current partner.

Maddox, A. M., Rhoades, G. K., & Markman, H. J. (2011). Viewing sexually-explicit materials alone or together: Associations with relationship quality. Archives of Sexual Behavior, 40(2), 441-448.

Link to web
Full text

- **Design:** Cross-sectional
- **Population:** Adults in relationships
- **Sample Size:** 1291
- **Author Summary:** Those who viewed SEM only with their partners reported more dedication and higher sexual satisfaction than those who viewed SEM alone.

Models Of Hypersexuality

Krüger, T. H., Schiffer, B., Eikermann, M., Haake, P., Gizewski, E., & Schedlowski, M. (2006). Serial neurochemical measurement of cerebrospinal fluid during the human sexual response cycle. European Journal of Neuroscience, 24(12), 3445-3452.

Link to web

- Design: Experiment
- Population: Adult men
- Sample Size: 20
- Author Summary: Parallel to raised peripheral sympathetic activity, norepinephrine also increased in CSF during audiovisual, masturbation-induced sexual arousal and orgasm, and remained elevated for the

remainder of the session In contrast, none of the other measures, in particular prolactin and dopamine or its metabolites, reflected significant alteration

Wright, P. J., & Vangeel, L. (2019). Pornography, permissiveness, and sex differences: An evaluation of social learning and evolutionary explanations. Personality and Individual Differences, 143, 128-138.

Link to web

- **Design:** Cross-sectional survey
- **Population:** 18+ representative US population
- **Sample Size:** 21,517
- **Author Summary:** Given that sexual encounters in pornography are consistently and overtly permissive, a basic sexual scripting perspective on human sexuality would posit that people who view these scripts would develop an approach to sexuality that is more permissive than people who do not view these scripts. Small to moderate correlations between pornography consumption and permissiveness were reliably found for both males and females. Pornography did not render men and women equivalent, and where there were discrepancies, actually exacerbated men's usual higher degree of permissiveness.

Steele, V. R., Staley, C., Fong, T., & Prause, N. (2013). Sexual desire, not hypersexuality, is related to neurophysiological responses elicited by sexual images. Socioaffective neuroscience & psychology, 3(1), 20770.

Link to web
Full text

- **Design:** Neuroscience experiment
- **Population:** Men and women screened for substance use and other mental health issues
- **Sample Size:** 52
- **Author Summary:** Larger P300 amplitude differences to pleasant sexual stimuli, relative to neutral stimuli, was negatively related to measures of sexual desire, but not related to measures of hypersexuality.

Volk, F., Thomas, J., Sosin, L., Jacob, V., & Moen, C. (2016). Religiosity, developmental context, and sexual shame in pornography users: A serial mediation model. Sexual Addiction & Compulsivity, 23(2-3), 244-259.

Link to web

- **Design:** Survey
- **Population:** Adults
- **Sample Size:** 358
- **Author Summary:** Sexual shame is an unintended outcome of pornography use for religious users.

Byers, L. J., Menzies, K. S., & O'Grady, W. L. (2004). The impact of computer variables on the viewing and sending of sexually explicit material on the Internet: testing Cooper's" Triple-A Engine". The Canadian Journal of Human Sexuality, 13(3/4), 157.

Link to web

- **Design:** Survey
- **Population:** Undergraduate students
- **Sample Size:** 443
- **Author Summary:** Access measured by skill level and anonymity measured objectively and subjectively made no difference in the time spent on sexually explicit material on the Internet. Our study suggests that the "Tiple-A Engine" is not producing sexual change and thus is not powering a sexual revolution.

Varfi, N., Rothen, S., Jasiowka, K., Lepers, T., Bianchi-Demichelli, F., & Khazaal, Y. Attachment Style, Impulsivity, Sexual Desire, Mood, and Addictive Cybersex.

Full text

- **Design:** Survey
- **Population:** 145
- **Sample Size:** Men
- **Author Summary:** Impulsivity and cybersex addiction were not significantly associated in our study. Self-esteem had no impact on CIUS scores. Cybersex is influenced by an avoidant attachment style, depressive mood, and sexual desire [and being] male.

Fuss, J., Briken, P., Stein, D. J., & Lochner, C. (2019). Compulsive sexual behavior disorder in obsessive–compulsive disorder: Prevalence and associated comorbidity. Journal of behavioral addictions, 1-7.

Link to web
Full text

- **Design:** Survey
- **Population:** Adult outpatients with current OCD
- **Sample Size:** 539
- **Author Summary:** This finding supports conceptualization of CSBD as a compulsive–impulsive disorder,but not with disorders due to substance use or addictive behaviors.

Carvalho, J., Štulhofer, A., Vieira, A. L., & Jurin, T. (2015). Hypersexuality and high sexual desire: Exploring the structure of problematic sexuality. The journal of sexual medicine, 12(6), 1356-1367.

Link to web
Full text

- **Design:** Online survey
- **Population:** Croatian adults
- **Sample Size:** 4,597

- **Author Summary:** . Our study supports the distinctiveness of hypersexuality and high sexual desire/activity, suggesting that problematic sexuality might be more associated with the perceived lack of personal control over sexuality and moralistic attitudes than with high levels of sexual desire and activity.

Moon, J. W., Krems, J. A., Cohen, A. B., & Kenrick, D. T. (2019). Is Nothing Sacred? Religion, Sex, and Reproductive Strategies. Current Directions in Psychological Science. https://doi.org/10.1177/0963721419838242

Link to web

- **Design:** Review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Several large data sets now suggest a reverse causal arrow—people's preferred mating strategies determining their attraction toward, or repulsion from, religion. Distrust of nonreligious individuals is almost completely erased by knowledge that they are following a restricted monogamous lifestyle. Thus, reproductive strategies often underlie apparently sacred concerns.

Winters, J., Christoff, K., & Gorzalka, B. B. (2010). Dysregulated sexuality and high sexual desire: Distinct constructs?. Archives of Sexual Behavior, 39(5), 1029-1043.

Link to web
Full text

- **Design:** Survey
- **Population:** Men and women
- **Sample Size:** 14,369
- **Author Summary:** Dysregulated sexuality, as currently conceptualized, labelled, and measured, may simply be a marker of high sexual desire and the distress associated with managing a high degree of sexual thoughts, feelings, and needs

Oeming, M. (2018). A new diagnosis for old fears? Pathologizing porn in contemporary US discourse. Porn Studies, 5(2), 213-216.

Link to web

- **Design:** Theoretical
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** . Beside ostensibly morally motivated religious, conservative, and anti-pornography groups, an immense financially motivated treatment machinery has developed as a driving force and profiteer of the porn addiction discourse. Together they form a powerful lobby across the country that does not hesitate to use any means necessary to silence potentially contradictory research (Prause and Fong 2015,

439).

Prause, N., Steele, V. R., Staley, C., Sabatinelli, D., & Hajcak, G. (2016). Prause et al.(2015) the latest falsification of addiction predictions. Biological psychology, 120, 159-161.

Link to web
Full text

- **Design:** Letter to the editor/Review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Taken together, our choice to use sexual images as cues is appropriate, because they do not constitute the consummatory phase. We agree that the failure of this literature in general to recognize that sex film viewing is almost always occurring with masturbation remains a major oversight and likely indicates a doubly inaccurate misnaming of "porn addiction". Since sexual desire was a predictor in the study, it was not appropriate to segment the sexual arousal reports by the known confound: gender. Appropriately, we predicted that, to be consistent with other studies of addiction, cue reactivity should be enhanced to sex cues in those who claim to struggle with problems regulating their use. Instead, it was associated with decreased reactivity. The discussion should move from testing the addiction model of sex film viewing, which has had multiple predictionsfalsified by independent laboratory replications, to identifying a better fitting model of those behaviors.

Prause, N., Janssen, E., Georgiadis, J., Finn, P., & Pfaus, J. (2017). Data do not support sex as addictive. The Lancet Psychiatry, 4(12), 899.

Link to web
Full text

- **Design:** Letter
- **Author Summary:** Data concerning frequent or excessive sex do not support its inclusion as an addiction. Also, data are not sufficient to differentiate between compulsive and impulsive models.

Walton, M. T., & Bhullar, N. (2018). Compulsive sexual behavior as an impulse control disorder: awaiting field studies data. Archives of sexual behavior, 1-5.

Link to web

- **Design:** Letter
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Hypersexuality may be a distinct disorder for a nucleus of presentations, although the condition is likely to often indicate a heterogeneous psychosexual behavioral problem or clinical or

subclinical symptom of an existing psychological disorder or medical condition.

Ley, D. J. (2018). The pseudoscience behind public health crisis legislation. Porn Studies, 5(2), 208-212.

Link to web

- **Design:** Commentary
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Unfortunately, the label of porn addiction is commonly thrown at these individuals in a manner which feeds moral panic, diverts attention and resources from effective, evidence-based strategies to support these individuals, pathologizes otherwise-benign behaviours, serves a profit-driven, exploitative industry, and confuses cause and effect.

Prause, N., Steele, V. R., Staley, C., Sabatinelli, D., & Hajcak, G. (2015). Modulation of late positive potentials by sexual images in problem users and controls inconsistent with "porn addiction". Biological psychology, 109, 192-199.

Link to web
Full text

- **Design:** Experiment
- **Population:** Men and women with/out problem use
- **Sample Size:** 122
- **Author Summary:** Specifically, those reporting problems regulating their VSS use who also reported higher sexual desire had lower LPP in response to VSS. This pattern appears different from substance addiction models.

Youth

Hesse, C., & Pedersen, C. L. (2017). Porn sex versus real sex: How sexually explicit material shapes our understanding of sexual anatomy, physiology, and behaviour. Sexuality & Culture, 21(3), 754-775.

Link to web
Full text

- **Design:** Survey
- **Population:** Ages 15 to 58
- **Sample Size:** 337
- **Author Summary:** Contrary to expectations, frequency of SEM exposure did not contribute to inaccurate knowledge of sexual anatomy, physiology, and behaviour. Rather, the opposite relationship was found. However, in concert with previous literature, participants reported greater positive self-perceived effects of

SEM consumption than negative effects.

Paasonen, S., Kyrölä, K., Nikunen, K., & Saarenmaa, L. (2015). 'We hid porn magazines in the nearby woods': Memory-work and pornography consumption in Finland. Sexualities, 18(4), 394-412.

Link to web

- **Design:** Developmental story request
- **Population:** Finnish men and women
- **Sample Size:** 45
- **Author Summary:** Finnish children have come across—and collected—pornography at an early age well before the era of online porn, it then follows that recent reports of porn invading the lives of children through smart phone technology around the age of 10 mark a continuum of practice, rather than simply a rupture therein. The contributors do not narrate their early encounters with pornography in terms of trauma and shock, but rather through the tropes of discovery and fascination.

Spišák, S. (2016). 'Everywhere they say that it's harmful but they don't say how, so I'm asking here': young people, pornography and negotiations with notions of risk and harm. Sex Education, 16(2), 130-142.

Link to web
Full text

- **Design:** Systematic review
- **Population:** Inquiries to Finnish health services
- **Sample Size:** 4212 questions
- **Author Summary:** Very few of the young people who contact sexual health experts experience porn itself as harmful. Rather, it is the risk talk that is experienced as unsettling. Research tends not to find conclusive evidence of harm in relation to young people's encounters with pornography

Milas, G., Wright, P., & Štulhofer, A. (2019). Longitudinal Assessment of the Association Between Pornography Use and Sexual Satisfaction in Adolescence. The Journal of Sex Research, 1-13.

Link to web

- **Design:** Longitudinal
- **Population:** Croatian high school students
- **Sample Size:** 1,289
- **Author Summary:** We did not find a significant association between changes in the frequency of adolescents' pornography use over time and their sexual satisfaction at wave six. The association between the initial levels of pornography use and sexual satisfaction, which, if present, would have indicated a possible relationship during middle adolescence, was also null.

Marengo, D., Settanni, M., & Longobardi, C. (2019). The associations between sex drive, sexual self-concept, sexual orientation, and exposure to online victimization in Italian adolescents: Investigating the mediating role of verbal and visual sexting behaviors. Children and Youth Services Review.

Link to web

- **Design:** Survey
- **Population:** High school students
- **Sample Size:** 653
- **Author Summary:** We found both verbal and visual sexters to be older, have a stronger sex drive, and sexual self-concept than non-involved adolescents (i.e., non-sexters; while visual sexters were more likely to report non-heterosexual orientation than were verbal sexters and non-sexters.

Dawson, K., Nic Gabhainn, S., & MacNeela, P. (2019). Toward a Model of Porn Literacy: Core Concepts, Rationales, and Approaches. The Journal of Sex Research, 1-15.

Link to web

- **Design:** Participatory
- **Population:** Ages 18-25
- **Sample Size:** 54
- **Author Summary:** Proposed learning outcomes should focus on reducing shame regarding pornography engagement and improving critical thinking skills

Rothman, E. F., Adhia, A., Christensen, T. T., Paruk, J., Alder, J., & Daley, N. (2018). A pornography literacy class for youth: Results of a feasibility and efficacy pilot study. American Journal of Sexuality Education, 13(1), 1-17.

Link to web
Full text

- **Design:** Pilot intervention
- **Population:** Ages of 15–24
- **Sample Size:** 24
- **Author Summary:** First, the study demonstrated that it is feasible to implement a pornography literacy curriculum in a nonschool setting, and second, that this particular curriculum may have had some positive impact.

Kohut, T., & Štulhofer, A. (2018). Is pornography use a risk for adolescent well-being? An examination of temporal relationships in two independent panel samples. PloS one, 13(8), e0202048.

Link to web

- **Design:** Cross-lagged
- **Population:** Croatian adolescents
- **Sample Size:** 1313
- **Author Summary:** Earlier levels of pornography use were not significantly associated with subsequent decreases in subjective well-being across gender and panel. However, pornography use was associated with increases in both self-esteem and symptoms of depression and anxiety, albeit only among adolescent women in one of the two panels. In addition, low subjective well-being was associated with a subsequent increase in pornography use, but only in female adolescents in one panel. This study's results are not consistent with concerns about pornography use negatively contributing to male adolescents' psychological well-being.

Štulhofer, A., Tafro, A., & Kohut, T. (2019). The dynamics of adolescents' pornography use and psychological well-being: a six-wave latent growth and latent class modeling approach. European Child & Adolescent Psychiatry, 1-13.

Link to web

- **Design:** Longitudinal, within-subject
- **Population:** Croatian adolescents
- **Sample Size:** 1289
- **Author Summary:** We observed no significant correspondence between growth in pornography use and changes in the two indicators of psychological well-being over time in either female or male participants.

Peter, J., & Valkenburg, P. M. (2011). The use of sexually explicit internet material and its antecedents: A longitudinal comparison of adolescents and adults. Archives of Sexual Behavior, 40(5), 1015-1025.

Link to web

- **Design:** Cross-sectional survey
- **Population:** Dutch adolescents and adults
- **Sample Size:** 2278
- **Author Summary:** The frequency of SEIM use and its antecedents are largely the same among adolescents and adults

Van Ouytsel, J., Ponnet, K., & Walrave, M. (2014). The associations between adolescents' consumption of pornography and music videos and their sexting behavior. Cyberpsychology, Behavior, and Social Networking, 17(12), 772-778.

Link to web
Full text

- **Design:** Survey
- **Population:** 15-20 year old men and women in Belgium

- **Sample Size:** 329
- **Author Summary:** Only two respondents indicated that they watched pornography more than two times a day. Music video consumption was significantly associated with asking someone for a sexting message and having received a sexting message. Sexting behaviors were significantly associated with the consumption of pornography, when controlling for age, gender, school track, and Internet use

Films Or Masturbation?

Carvalheira, A., Træen, B., & Stulhofer, A. (2015). Masturbation and pornography use among coupled heterosexual men with decreased sexual desire: How many roles of masturbation?. Journal of sex & marital therapy, 41(6), 626-635.

Link to web

- **Design:** Large cross-sectional
- **Population:** Men with decreased sexual desire
- **Sample Size:** 596
- **Author Summary:** These findings point to a pattern of pornography-related masturbation that can be dissociated from partnered sexual desire and can fulfill diverse purposes.

Hald, G. M., & Malamuth, N. M. (2008). Self-perceived effects of pornography consumption. Archives of sexual behavior, 37(4), 614-625.

Link to web
Full text

- **Design:** Survey
- **Population:** Dutch age 18-30
- **Sample Size:** 688
- **Author Summary:** After all the variables were entered in the equation, only one sexual background variable made a statistically significant contribution [to predict negative effects of pornography] namely lower frequency of sexual intercourse. After all the variables were entered in the equation, three sexual background variables made statistically significant contributions [to predict positive effects of pornography]: reater pornography consumption, more perceived realism of pornography and higher frequency of masturbation

Baćak a, V., & Štulhofer, A. (2011). Masturbation among sexually active young women in Croatia: Associations with religiosity and pornography use. International Journal of Sexual Health, 23(4), 248-257.

Link to web
Full text

- **Design:** Survey
- **Population:** Sexually Active Female Adults in Croatia Aged 18 to 25 Years Old
- **Sample Size:** 1,005
- **Author Summary:** In this national probability sample, 60% of the female participants reported masturbating. Pornography use was very strongly, positively associated with masturbation (AOR = 5.92). Although pornography use is less prevalent among women and less frequently used when compared with men, our findings suggest that young women in Croatia may not be strangers to using pornography to stimulate sexual desire and initiate self pleasuring. As widely feared by 19th-century moralists, sexually explicit materials may facilitate masturbation by providing adequate stimuli.

Hald, G. M. (2006). Gender differences in pornography consumption among young heterosexual Danish adults. Archives of sexual behavior, 35(5), 577-585.

Link to web
Full text

- **Design:** Survey
- **Population:** Dutch age 18-30
- **Sample Size:** 688
- **Author Summary:** Compared to women, men were exposed to pornography at a younger age, consumed more pornography as measured by time and frequency, and used pornography more often during sexual activity on their own. Gender differences in the interpersonal context of use were also evident, with women using pornography more often with a regular sexual partner than men. In turn, men were found to use pornography more often on their own or with friends (non-sexual partners) than women. Male gender, higher frequency of masturbation, lower age at first exposure, and younger age were found to account for 48.8% of the total variance of pornography consumption.

Ley, D., Prause, N., & Finn, P. (2014). The emperor has no clothes: A review of the 'pornography addiction' model. Current sexual health reports, 6(2), 94-105.

Link to web
Full text

- **Design:** Review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Individuals reporting 'addictive' use of VSS could be better conceptualized by considering issues such as gender, sexual orientation, libido, desire for sensation, with internal and external conflicts influenced by religiosity and desire discrepancy. Since a large, lucrative industry has promised treatments for pornography addiction despite this poor evidence, scientific psychologists are called to declare the emperor (treatment industry) has no clothes (supporting evidence). When faced with such

complaints, clinicians are encouraged to address behaviors without conjuring addiction labels.

Clark, C. A., & Wiederman, M. W. (2000). Gender and reactions to a hypothetical relationship partner's masturbation and use of sexually explicit media. Journal of Sex Research, 37(2), 133-141.

Link to web

- **Design:** Survey
- **Population:** Introductory psychology class
- **Sample Size:** 488
- **Author Summary:** The average mean ratings for men and women were generally at the disagree end of the Likert scale, indicating that a partner's masturbation or use of sexually explicit media would not be disturbing. Respondents did have relatively less negative and relatively more positive affective responses to a hypothetical partner's masturbation than to use of sexually explicit media. However, cognitive attributions regarding use of sexually explicit material and masturbation were more similar than different.

Miller, D. J., McBain, K. A., Li, W. W., & Raggatt, P. T. (2019). Pornography, preference for porn-like sex, masturbation, and men's sexual and relationship satisfaction. Personal Relationships, 26(1), 93-113.

Link to web
Full text

- **Design:** Cross-sectional
- **Population:** Men
- **Sample Size:** 661
- **Author Summary:** The data did not support the notion that pornography negatively impacts sexual or relationship satisfaction via preference for porn-like sex. In fact, it may bolster sexual satisfaction by promoting sexual variety. The data were consistent with a model in which pornography negatively, indirectly affects sexual and relationship satisfaction via masturbation frequency.

Prause, N. (2019). Porn Is for Masturbation. Archives of Sexual Behavior, 1-7.

Link to web
Full text

- **Design:** Commentary
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Given the very high covariance between VSS viewing and masturbation, any study that does not account for masturbation (or, relatedly, sex drive) cannot be understood as a study of “pornography” effects.

Perry, S. L. (2019). Is the link between pornography use and relational happiness really more about masturbation? Results from two national surveys. The Journal of Sex Research, 1-13.

Link to web

- **Design:** Nationally representative; cross-sectional
- **Population:** USA men and women
- **Sample Size:** 12083
- **Author Summary:** Evidence points to a slight positive association between pornography use and relational happiness once masturbation and gender differences are accounted for.

Walton, M. T., Lykins, A. D., & Bhullar, N. (2016). Sexual arousal and sexual activity frequency: Implications for understanding hypersexuality. Archives of sexual behavior, 45(4), 777-782.

Link to web
Full text

- **Design:** Cross-sectional
- **Population:** International heterosexual, bisexual, and homosexual men and women
- **Sample Size:** 510
- **Author Summary:** Sexual arousal accounted for more unique variance than hypersexuality for sexual fantasy and masturbation frequencies. Consequently,existing self-reportmeasures of hypersexuality may camouflage differencesin sexual behavior/sexual activity between hypersexuals and non-hypersexuals, as well as inaccurately report the prevalence of the condition

van Rouen, J. H., Slob, A. K., Gianotten, W. L., Dohle, G. R., van Der Zon, A. T. M., Vreeburg, J. T. M., & Weber, R. F. A. (1996). Sexual arousal and the quality of semen produced by masturbation. Human Reproduction, 11(1), 147-151.

Link to web

- **Design:** Experiment
- **Population:** Sperm donors and fertility patients
- **Sample Size:** 66
- **Author Summary:** Providing a patient with a sexually stimulating video is obviously a facilitative factor when the patient ‘has to’ produce a semen sample for analysis. The use of visual erotic stimulation is recommended when patients and donors have to produce a semen sample in the uninviting surroundings of a fertility clinic.

Sex Offender

Burton, D. L., Leibowitz, G. S., & Howard, A. (2010). Comparison by crime type of juvenile delinquents on pornography exposure: The absence of relationships between exposure to pornography and sexual offense characteristics 1. Journal of Forensic Nursing, 6(3), 121-129.

Link to web

- **Design:** Survey
- **Population:** male adolescent sexual abusers vs. nonsexually offending delinquent youth
- **Sample Size:** 453
- **Author Summary:** For the sexual abusers, exposure is not correlated to the age at which the abusers started abusing, to their reported number of victims, or to sexual offense severity. The pre-10 exposure subscale was not related to the number of children the group sexually abused, and the forceful exposure subscale was not correlated with either arousal to rape or degree of force used by the youth.

Kutchinsky, B. (1991). Pornography and rape: Theory and practice? Evidence from crime data in four countries where pornography is easily available. International Journal of Law and Psychiatry.

Link to web

- **Design:** Historical data
- **Population:** German citizens
- **Sample Size:** Not applicable
- **Author Summary:** There was no increase in the actual number of rapes committed in West Germany during the years when pornography was legalized and became widely available.

Rasmussen, K. R., & Kohut, T. (2019). Does religious attendance moderate the connection between pornography consumption and attitudes toward women?. The Journal of Sex Research, 56(1), 38-49.

Link to web

- **Design:** Survey
- **Population:** Nationally-representative adults in USA
- **Sample Size:**
- **Author Summary:** Those who reported consuming pornography had more egalitarian attitudes than those who did not, but this difference was stronger among those who attended religious services more regularly—those who would be likely to experience dissonance when consuming pornography. This pattern was consistent across the three egalitarian attitudes we examined: attitudes toward women in power, women in the workplace, and abortion.

Kristen N. Jozkowski, Tiffany L. Marcantonio, Kelley E. Rhoads, Sasha Canan, Mary E. Hunt & Malachi Willis (2019) A Content Analysis of Sexual Consent and Refusal Communication in Mainstream Films, The Journal of Sex Research, DOI: 10.1080/00224499.2019.1595503

Link to web

- **Design:** Content analysis
- **Sample Size:** 50
- **Author Summary:** There were no gender differences in the portrayal of consent cues; however, characters in established relationships used nonverbal cues more often than those in novel relationships.

Kutchinsky, B. (1992). The politics of pornography research. Law & Soc'y Rev., 26, 447.

Link to web

- **Design:** Comment
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Childress (1991) has transmitted false information about my criminological research on pornography. Since such misinformation is, in part, responsible for considerable confusion about the outcome of aggregate studies of the effects of pornography on sex crimes, redress is necessary. I did not base my analyses of sex crimes in Denmark (or elsewhere) on "some decriminalized sex offenses". The violent film [that Childress viewed] did not make him want to go out and rape women, it made him want censorship of violent films.

Mellor, E., & Duff, S. (2019). The use of pornography and the relationship between pornography exposure and sexual offending in males: A systematic review. Aggression and Violent Behavior.

Link to web

- **Design:** Review
- **Population:** Sex offenders
- **Sample Size:** 21 studies
- **Author Summary:** There is no clear evidence to suggest a relationship between pornography and offending. Men who offend report less exposure to pornography. Pornography use does not result in more harm to the victim.
- **Keywords:** sex offender; sexual assault; recidivism; sexual violence

Ferguson, C. J., & Hartley, R. D. (2009). The pleasure is momentary… the expense damnable?: The influence of pornography on rape and sexual assault. Aggression and violent behavior, 14(5), 323-329.

Link to web
Full text

- **Design:** Review
- **Population:** Adults in relationships

- **Sample Size:** Not applicable
- **Author Summary:** Victimization rates for rape in the United States demonstrate an inverse relationship between pornography consumption and rape rates. Data from other nations have suggested similar relationships.

Diamond, M., Jozifkova, E., & Weiss, P. (2011). Pornography and sex crimes in the Czech Republic. Archives of sexual behavior, 40(5), 1037-1043.

Link to web
Full text

- **Design:** Crime statistics review
- **Population:** Sex offenders
- **Sample Size:** Not applicable
- **Author Summary:** A prolonged interval during which possession of child pornography was not illegal ...showed a significant decrease in the incidence of child sex abuse

Goldstein, M., Kant, H., Judd, L., Rice, C., & Green, R. (1971). Experience with pornography: Rapists, pedophiles, homosexuals, transsexuals, and controls. Archives of Sexual Behavior, 1(1), 1-15.

Link to web

- **Design:** Survey
- **Population:** Sex offenders, transsexuals, homosexuals, controls
- **Sample Size:** 161
- **Author Summary:** The hypothesis that extent of exposure during adolescence to erotica is positively associated with the later emergence of sexual pathology is not borne out by this study.

Hald, G. M., & Malamuth, N. N. (2015). Experimental effects of exposure to pornography: The moderating effect of personality and mediating effect of sexual arousal. Archives of sexual behavior, 44(1), 99-109.

Link to web
Full text

- **Design:** Randomized survey
- **Population:** Men and women
- **Sample Size:** 229
- **Author Summary:** Only for men low in agreeableness, sexual arousal was a primary mediator of the relationship between experimental exposure to pornography and attitudes supporting violence against women, viewers with moderate or high agreeableness did not show this relationship.

Bauserman, R. (1996). Sexual aggression and pornography: A review of correlational research. Basic and Applied Social Psychology, 18(4), 405-427.

Link to web

- **Design:** Literature review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** Sex offenders typically do not have earlier or more unusual exposure to pornography in childhood or adolescence, compared to nonoffenders. Findings are consistent with a social learning view of pornography, but not with the view that sexually explicit materials in general contribute directly to sex crimes. The effort to reduce sex offenses should focus on types of experiences and backgrounds applicable to a larger number of offenders.

LGBT

Downing, M. J., Schrimshaw, E. W., Scheinmann, R., Antebi-Gruszka, N., & Hirshfield, S. (2017). Sexually explicit media use by sexual identity: A comparative analysis of gay, bisexual, and heterosexual men in the United States. Archives of sexual behavior, 46(6), 1763-1776.

Link to web
Full text

- **Design:** Online survey
- **Population:** ethnically and sexual-orientation diverse men
- **Sample Size:** 821
- **Author Summary:** Both gay and bisexual men reported significantly more frequent use of Internet SEM compared to heterosexual men. 20.7 % of heterosexual identified men reported viewing male same-sex behavior and 55.0 % of gay-identified men reported viewing heterosexual films.

Meiller, C., & Hargons, C. N. (2019). "It's Happiness and Relief and Release": Exploring Masturbation Among Bisexual and Queer Women. Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education, 1(1), 3.

Link to web
Full text

- **Design:**
- **Population:**
- **Sample Size:**
- **Author Summary:** Politics of Pornography took three forms, which made the following subthemes: 1) Seeking Representation, 2) Having Mixed Feelings Towards Porn, and 3) Seeking Specific Attributes in

Porn. With the use of sex toys and pornography, the majority of the women in this study reported enjoying and using these resources to complement and improve their masturbation, while contending with external and internal stigma and guilt associated with their use. Women discussed not only becoming more comfortable upon seeing representation of themselves in porn, but also enjoying the porn more because they were better able to imagine the scenes as reality for themselves.

Træen, B., Nilsen, T. S. R., & Stigum, H. (2006). Use of pornography in traditional media and on the Internet in Norway. Journal of Sex Research, 43(3), 245-254.

Link to web
Full text

- **Design:** Survey
- **Population:** Norwegians between 18 and 49 years
- **Sample Size:** 10,000 (34% response rate)
- **Author Summary:** More gay/bi men and lesbian/bi women than straight people reported exposure to pornography in all media. The anonymity on the internet makes it possible to express one's sexual preferences without fear social stigmatisation. The internet functions as a place of refuge for gay/bi men and lesbian/bi women where their sexuality is the norm and not the exception.

Billard, T. J. (2019). (No) Shame in the Game: The Influence of Pornography Viewing on Attitudes Toward Transgender People. Communication Research Reports, 36(1), 45-56.

Link to web

- **Design:** Survey
- **Population:** Trans porn viewers
- **Sample Size:** 250
- **Author Summary:** Rather, we found evidence of an unhypothesized direct influence of viewers' experiences of shame about their sexual desires for the pornographic performers on their attitudes such that higher levels of shame were significantly associated with increased prejudice. We further found political conservatism to be highly associated with increased prejudice. Our results add evidence to suggest that pornography has only limited influence on viewers and their attitudes compared to social factors.

McCormack, M., & Wignall, L. (2017). Enjoyment, exploration and education: Understanding the consumption of pornography among young men with non-exclusive sexual orientations. Sociology, 51(5), 975-991.

Link to web
Full text

- **Design:** Qualitative interviews
- **Population:** Young men at university with non-exclusive sexual orientation

- **Sample Size:** 35
- **Author Summary:** We demonstrate that pornography had educational benefits for sexual minority young men, related to their sexual desires, emerging sexual identities and for developing new sexual techniques. Our participants consumed pornography as a leisure activity, and found it educational in a number of ways – supporting McKee's (2012) contention that pornography should be viewed as a form of entertainment rather than as a potential harm.

Döring, N. (2000). Feminist views of cybersex: Victimization, liberation, and empowerment. CyberPsychology & Behavior, 3(5), 863-884.

Link to web
Full text

- **Design:** Theory review
- **Population:** Not applicable
- **Sample Size:** Not applicable
- **Author Summary:** This article criticizes both the victimization and the liberation perspective and offers an integrative empowerment perspective that acknowledges power discourse as an essential sexual issue online and off. The Net offers theoretical and practical exploration of marginalized forms of sexuality to those who might otherwise be excluded from such discourses and scenes due to their location or other social control conditions.

Tolerance

Landripet, Busko, & Stuhlhofer (2019). Testing the content progression thesis: A longitudinal assessment of pornography use and preference for coercive and violent content among male adolescents. Social Science Research.

Link to web

- **Design:** Longitudinal, within-subject
- **Population:** Adolescent male
- **Sample Size:** 248
- **Author Summary:** The preference for violent/coercive pornography was found to decrease over time.
- **Keywords:** escalation; habituation

Shor, E., & Seida, K. (2019). "Harder and harder"? Is mainstream pornography becoming increasingly violent and do viewers prefer violent content?. The Journal of Sex Research, 56(1), 16-28.

Link to web
Full text

- **Design:** Content analysis

- **Population:** Pornhub
- **Sample Size:** 269 videos
- **Author Summary:** More specifically, we tested two related claims: (1) aggressive content in videos is on the rise and (2) viewers prefer such content, reflected in both the number of views and the rankings for videos containing aggression. Our results offer no support for these contentions. First, we did not find any consistent uptick in aggressive content over the past decade; in fact, the average video today contains shorter segments showing aggression. Second, videos containing aggressive acts are both less likely to receive views and less likely to be ranked favorably by viewers, who prefer videos where women clearly perform pleasure.

Body Image

Vogels, E. A. (2018). Loving oneself: The associations among sexually explicit media, body image, and perceived realism. The Journal of Sex Research, 1-13.

Link to web
Full text

- **Design:** Online survey
- **Population:** Ages of 18–30
- **Sample Size:** 393
- **Author Summary:** Sexually explicit media (SEM) had a positive indirect association with body image through perceived realism for both men and women.

Gleason, N., & Sprankle, E. (2019). The effects of pornography on sexual minority men's body image: an experimental study. Psychology & Sexuality, 1-15.

Link to web

- **Design:** Experiment
- **Population:** sexual minority men
- **Sample Size:** 87
- **Author Summary:** Participants were randomly assigned to watch either a pornographic video or nature video, and then completed three questionnaires. Results indicated that participants exposed to pornography did not report greater social physique anxiety, greater drive for muscularity, or reduced genital body image compared to participants exposed to the nature video. Self-reported history of pornography use was not associated with scores on the body image measures utilized. These results contradict previous findings indicating a positive correlation between pornography use and body dissatisfaction in sexual minority men.

Borgogna, N. C., Lathan, E. C., & Mitchell, A. (2019). Is Women's Problematic Pornography Viewing Related to Body Image or Relationship Satisfaction?. Sexual Addiction & Compulsivity, 1-22.

Link to web

- **Design:** Survey
- **Population:** Women
- **Sample Size:** 1,014
- **Author Summary:** Structural equation modeling indicated pornography viewing frequency, perceptions of excessive use, and control difficulties were unrelated to body image or relationship satisfaction.

Laan, E., Martoredjo, D. K., Hesselink, S., Snijders, N., & van Lunsen, R. H. (2017). Young women's genital self-image and effects of exposure to pictures of natural vulvas. Journal of psychosomatic obstetrics & gynecology, 38(4), 249-255.

Link to web
Full text

- **Design:** Experiment
- **Population:** Women
- **Sample Size:** 43
- **Author Summary:** Having been exposed to pictures of natural vulvas resulted in an even more positive genital self-image, irrespective of levels of sexual function, sexual distress, self-esteem and trait anxiety. In the women who had seen the vulva pictures, the positive effect on genital self-image was still present after two weeks.

Performers

Dubin, J. M., Greer, A. B., Valentine, C., O'Brien, I. T., Leue, E. P., Paz, L., ... & Ramasamy, R. (2019). Evaluation of Indicators of Female Sexual Dysfunction in Adult Entertainers. The journal of sexual medicine.

Link to web

- **Design:** Survey
- **Population:** Performers with vaginas
- **Sample Size:** 96
- **Author Summary:** Female sexual dysfunction appeared to be less prevalent among female adult entertainers than rates commonly quoted for the general population.

Griffith, J. D., Mitchell, S., Hart, C. L., Adams, L. T., & Gu, L. L. (2013). Pornography actresses: An assessment of the damaged goods hypothesis. Journal of Sex Research, 50(7), 621-632.

Link to web

- **Design:** Survey

- **Population:** Female performers and matched controls
- **Sample Size:** 354 (n=177 performers)
- **Author Summary:** Porn actresses were more likely to identify as bisexual, first had sex at an earlier age, had more sexual partners, were more concerned about contracting a sexually transmitted disease (STD), and enjoyed sex more than the matched sample, although there were no differences in incidence of childhood sexual abuse. In terms of psychological characteristics, porn actresses had higher levels of self-esteem, positive feelings, social support, sexual satisfaction, and spirituality compared to the matched group. These findings did not provide support for the damaged goods hypothesis.

Annex

Cease and Desist Letter

ANNEX 18

AMERICAN CIVIL LIBERTIES UNION FOUNDATION
Southern California

June 21, 2019

Via E-Mail
Ms. Alisa C. Simmons
Fitch, Even, Tabin & Flannery LLP
120 South LaSalle Street
Suite 2100
Chicago, IL 60603

Re: Your May 1, 2019 letter

Dear Ms. Simmons:

The demand in your May 1, 2019 letter to a group of academics and practitioners associated with the web site Real Your Brain On Porn[1] that they "[r]efrain from disparagement and defamation of YOUR BRAIN ON PORN and its principal and associates" is misguided for numerous reasons.

To the extent you are using disparagement to mean criticism or belittlement, as it is ordinarily defined, the request is improper. Criticism is protected by the First Amendment to the United States Constitution in the absence of both a provably false statement of fact about the person who claims he was injured, and the requisite level of fault, such as negligence or malice.

But, even if you are using disparagement to refer to a legal tort such as commercial disparagement, there is no basis to suggest that Real Your Brain on Porn has ever disparaged Your Brain on Porn, its principal, Mr. Gary Wilson, or his associates. First, the website does not mention Your Brain on Porn except in a disclaimer on the bottom of page of the website that states, "This web page has no relationship with yourbrainonporn.com." Nor does the website ever mention Mr. Wilson or his associates. To prevail on a claim of disparagement, however, a plaintiff generally needs to show that there is both a false or misleading statement and that it specifically refers to the plaintiff. *See, e.g., Hartford Casualty Ins. Co. v. Swift Distribution*, 59 Cal.4th 277, 293-94 (2014). Because Real Your Brain on Porn does not refer to Your Brain on Porn (except in the no relationship disclaimer), Mr. Wilson, or his associates or make any false statements about them, there is no basis for you to demand that the publisher of the website or anyone associated with it refrain from disparagement of Your Brain on Porn, Mr. Wilson, or his

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Your demand that they refrain from defaming Your Brain on Porn, Mr. Wilson, or his associates is equally off-base. To prevail on a defamation claim, a plaintiff must show that a defendant made a provably false statement of fact. *See, e.g., Gregory v. McDonnell Douglas Corp.,* 17 Cal. 3d 596, 600 (1976)*; Sanders v. Walsh*, 219 Cal.App.4th 855, 862 (2013). In addition, the First Amendment requires that "the statement on which the [defamation] claim is based must specifically refer to, or be 'of and concerning,' the plaintiff in some way." *See, e.g., Blatty v. New York Times Co.*, 42 Cal.3d 1033, 1042 (1986). There is no statement on Real Your Brain on Porn that specifically refers to or concerns Your Brain on Porn other than the statement disclaiming any relationship between the two websites. Nor is there any statement about Mr. Wilson or his associates anywhere on Real Your Brain on Porn. The absence of such statements would doom any defamation claim, as would the absence of any provably false statement.

In sum, there is no possibility that Your Brain on Porn, Mr. Wilson, or his associates could prevail on a disparagement or defamation claim. Thus, your demand that people associated with Real Your Brain on Porn "refrain from disparagement and defamation" is misguided. Please refrain from making unsupported and misguided demands against Real Your Brain on Porn and people associated with it in the future.

Sincerely,



Peter J. Eliasberg
Chief Counsel
Manheim Family Attorney for
First Amendment Rights

Annex

Wilson provides extensive false credentials, making “real” an appropriate descriptor to differentiate from his fraudulent credentials. False credentials include that he was a “professor”, graduated college, or taught a physiology or anatomy course at a university on his own.

False credentials as "professor" from his own webpages

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That talk was followed by an independent TEDx Talk video last year by Gary Wilson, a past **adjunct** professor in anatomy at an Oregon university. In it, he claims porn is deeply addictive because it causes the brain to become desensitized to dopamine. The video has been viewed more than 1.3 million times and Wilson's ...

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The young porn abstainers do have an unlikely guru: Gary Wilson, 59, a former part-time **adjunct** biology professor at Southern Oregon University and various vocational schools and the author of **Your Brain on Porn**: Internet Pornography and the Emerging Science of Addiction. His **website**, **yourbrainonporn.com**, or more ...

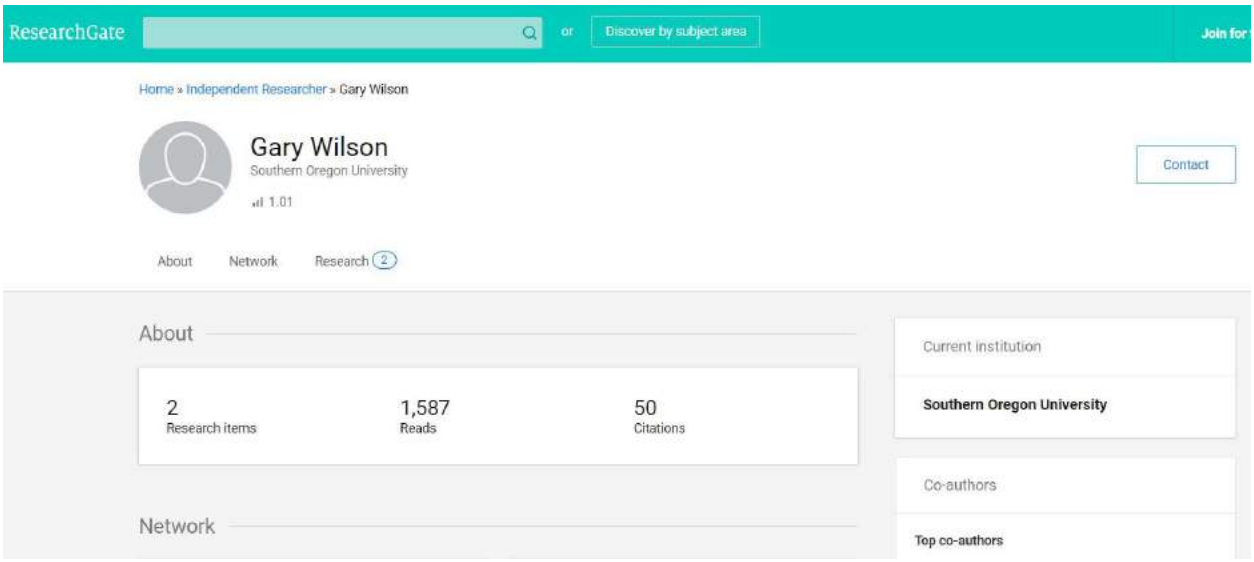
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Claims to have graduated from Southern Oregon University on ResearchGate, actually holds no degree from any university.



Gmail

Fwd: Freedom of Information Act request: Gary Wilson

Kathryn Park < Tue, Mar 6, 2018 at 11:52 AM
To: Nicole Prause

Ms. Prause,

I contacted the appropriate department head regarding the additional information you sought. He said Richard May was the instructor of record for the courses associated with the two labs Mr. Wilson started teaching.

If you require any additional information, please identify the particular document(s) you wish to request. This will initiate a new public records request, including costs associated with producing additional records, and we will be happy to respond.

Regards,
Kathy
--
Kathy Park
Administrative Assistant
Southern Oregon University
Offices of the University Board Secretary
and the General Counsel

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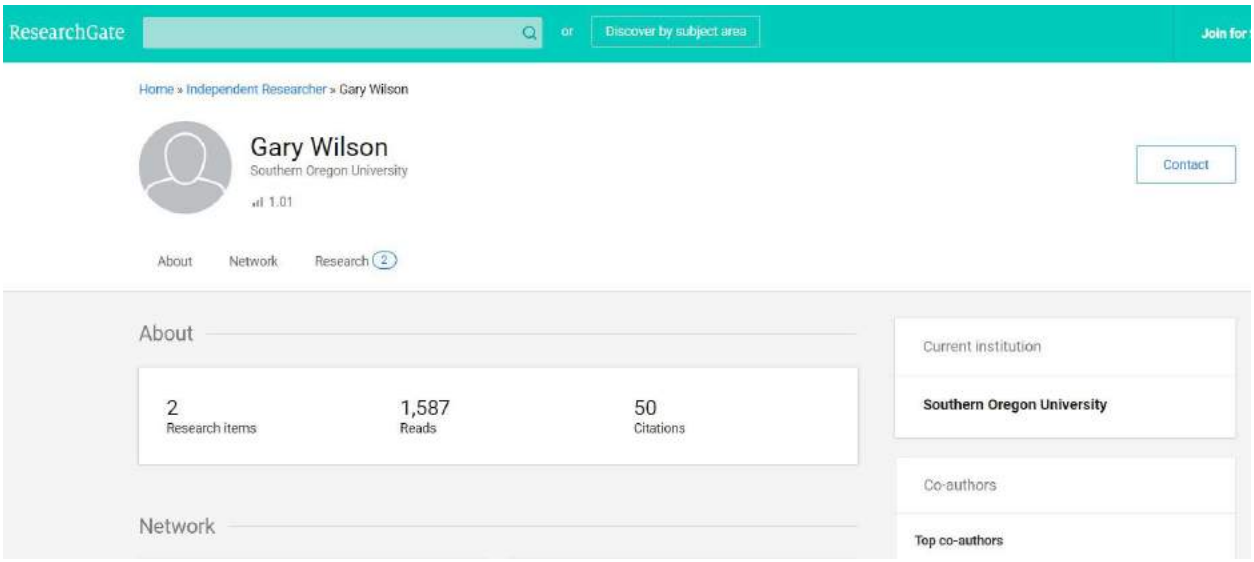
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Administrative Assistant
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SO Southern OREGON UNIVERSITY